

Happy Heart Recipes

*A celebration of over
80 low fat, low sugar
recipes to delight
your whole family.*



Heather Williams, RDt., Registered Dietitian

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Introduction



Photo by: Ian Dunn

Heather Williams RDt
Registered Professional Dietitian



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illustrations by Heather Williams, RDt
designed by Kathern Bly

Besides being a “dream come true”, writing this cookbook has been a labor of love for me. I am one of those very fortunate people whose profession is also their hobby. The recipes in this book were developed over a seven year period. They originated from dishes that my mom used to make, foods served to me in friends’ homes or in restaurants, dishes my husband and boys especially enjoyed, and favorite recipes brought to me by my clients. I also love to try new recipes and whenever I found one that especially appealed to me, I would try to create a low fat, low calorie version of it for my whole family to enjoy.

All of these recipes are nutritious, low cholesterol, diabetic and low sodium for the whole family, as well as for individuals with elevated cholesterol, high blood pressure, diabetes, elevated triglycerides and those simply trying to lose weight.

When preparing these recipes, if desired, “Splenda” could be replaced with an equal amount of sugar and when shopping, look for margarine that is high in mono- and polyunsaturates and that states “nonhydrogenated” on the front of the packaging. (If you add up the polyunsaturates and monounsaturates on the side of the margarine container, the total number should add up to greater than six). Half salt is half sodium chloride and half potassium, and it has 2/3 less salt than regular salt. **Be sure to check with your doctor before using no salt or half salt.**

Unfortunately a lot of people in our society are “guilty” about eating. I would like to take away this guilt and put the fun and enjoyment back into cooking and eating. Mealtimes should be one of the most enjoyable moments of everyday. We were meant to eat good, nutritious, low fat foods and to be physically active. Short term restrictive dieting does not work. Healthy active lifestyles, combined with nutritious food choices do work. Menu planning, preparing delicious low fat meals in advance, and scheduling exercise into your daily routine, are the essential cornerstones for making this healthy lifestyle a reality for you and your whole family.

I would especially like to thank: my mom for instilling in me a love of cooking and good nutrition; my good friend Martha Grant for suggesting seven years ago that I should start developing “Happy Heart Recipes” for our patients; to all my clients for trying so many of my recipes and for all their helpful feedback; and last, but certainly not least, to my husband John and our teenage boys, Ryan and Brad, for all their love and support and for being my most discerning taste testers. A special thanks to all my sponsors who helped to make this project a reality and for believing in me; to Kathern Bly whose cheerfulness, creativity & professionalism has made her a pleasure to work with; and to Pat Kell (What’s Happening Publications) for his expert advice.

Here’s hoping that these recipes and tips will help you all be the best you can be! Happy eating!

Heather Williams

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RECIPE NUTRITIONAL ANALYSIS...

was done individually by Heather Williams, R.D.t. using "Nutrient Values of Some Common Foods" - 1988, Health and Welfare, Canada; Bowes and Church's "Food Values of Portions Commonly Used" 1989; and individual food label information when applicable.



Appetizers

Hidden Valley Ranch Dip

Hot Crab Dip

Light Layered Crab Dip

Smoked Salmon Pinwheels



Hidden Valley Ranch Dip

Yields - 1 1/2 cups / 375 mL

1 Tbsp.15 calories
.45 g fat63 kilojoules

2 Tbsp.30 calories
.8 g fat126 kilojoules

1/4 cup60 calories
1.6 g fat252 kilojoules

1/4 cup = 1 fat

24% FAT



Also, wonderful on baked potatoes and served with fish.



HAPPY HEART OUTLOOK

Concentrate on a new life, not just a temporary change. Enjoy how a healthier, fitter you feels!

1 cup ultra light sour cream, 1% DF250 mL
(11 calories / Tbsp. / 15 mL)

1/2 cup ultra low fat mayonnaise125 mL
(24 calories / Tbsp. / 15 mL)

1 tsp. dill weed5 mL

1/2 tsp. beau monde seasoning2 mL

1 tsp. parsley dried5 mL

1 clove garlic, crushed1 mL

1 green onion, chopped.....1 mL

1/4 tsp. freshly ground pepper1 mL



Combine all ingredients in food processor. Pour into a container. Cover. Refrigerate at least 1-2 hours to blend flavors. Serve with crisp raw vegetables.

To add colour, serve out of cleaned, hollowed-out red and green peppers.

Hot Crab Dip

Yields - 1 1/2 cups / 375 mL

1 Tbsp.15 mL
20 calories84 kilojoules

1/4 cup50 mL
80 calories336 kilojoules

1 fat + 1/2 lean protein

1/4 cup dip

+ 3 snackwell crackers

113 calories475 kilojoules

1 fat + 1/2 lean protein

+ 1/2 bread/starch

TOTAL FAT - 5.9 g

47% FAT

3/4 cup 1% light sour cream175 mL

1/4 cup ultra low fat mayonnaise125 mL
(24 calories / Tbsp. / 15 mL)

1 can salad crab1 mL
(4.2 oz. dry wt./120 g.)

2 Tbsp. ketchup30 mL

1/2 tsp. lemon juice2 mL

1tsp. horseradish5 mL

1 green onion, chopped.....1 mL

~ freshly ground pepper ~



Combine all ingredients. Mix well. Heat on low. Serve with low fat crackers.

Light Layered Crab Dip

Yields - 1 pie

1/8 of pie.

+ 4 snackwell crackers

132 calories554 kilojoules

1 fat + 1/2 lean protein

+ 1/2 bread/starch

+ 1 free vegetable ++

TOTAL FAT - 6.3 g

43% FAT



HAPPY HEART OUTLOOK

*Try not to be obsessed
with numbers on the scales.
Muscle weighs more than fat,
so taking measurements
to mark your progress
is much more logical.*

- 1 pkg. (250 g) light cream cheese1
- 1 Tbsp. grated onion15 mL
- 1 Tbsp. Worcestershire15 mL
- 1 1/2 tsp. lemon juice7 mL
- 1 can crab1
(4.5 oz. /126 g. dry wt. (well drained))
- 1/2 cup chili sauce125 mL
- ~ parsley, dill weed, lemon slices ~



1. Mix cheese, onion, worcestershire and lemon juice together in food processor. Spread on a nice glass plate to look like a small pizza.
2. Spread chili sauce on top.
3. Drain crab well and spread on top of chili sauce.
4. Sprinkle with parsley and dill weed. Decorate with lemon wedges, serve with low fat crackers.



Smoked Salmon Pinwheels

**Yields - 16 pinwheels or
8 pinwheels / tortilla roll**

ONE PINWHEEL

32 calories134 kilojoules

THREE PINWHEELS

96 calories134 kilojoules

1/2 fat + 1 bread/starch

TOTAL FAT - 2.6 g

25% FAT

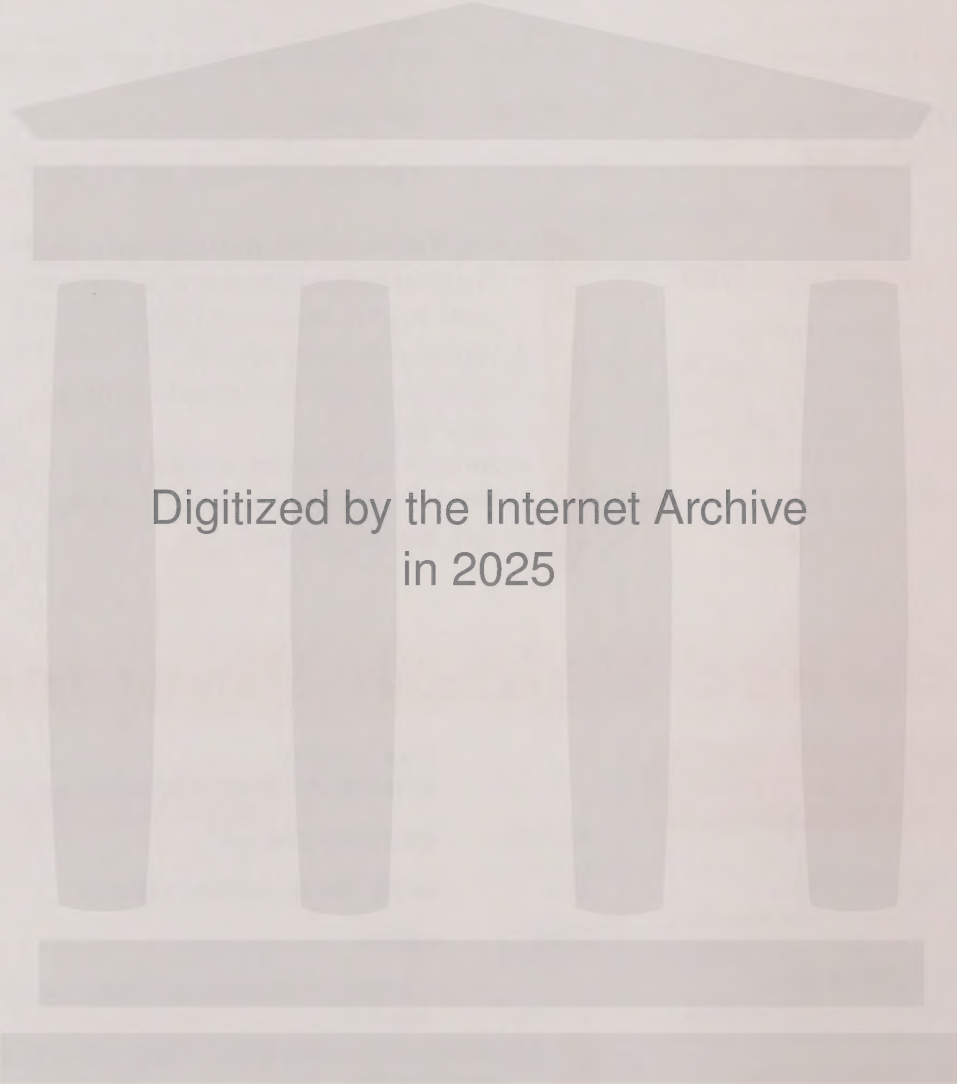


Colourful and delicious!

- 2 flour tortillas2
(100 calories / 420 kilojoules each)
- 4 Tbsp. lite cream cheese50 mL
- 3oz. thinly sliced, smoked salmon85 g
- 2 tsp. capers10 mL
- ~ lemon juice, lettuce, lemon wedges ~



1. Spread each tortilla with 2 Tbsp. (30 mL) of light cream cheese.
2. Top with smoked salmon.
3. Sprinkle with capers and lemon juice.
4. Roll up tightly. Wrap in saran. Refrigerate (or freeze until needed.) When ready to serve, slice into 8 slices each roll. Place on lettuce-lined plates and garnish with lemon wedges.



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Muffins, Bread and Cereals

Banana Muffins

Best Ever Light Bran Muffins

Carolyn's Maple Wheat Germ Muffins

Peach Parfait Power Porridge

Raspberry Oatmeal Yogurt Muffins

Sour Cream Wheat Germ Buns (Breadmaker)



Banana Muffins

Yields - 12 muffins

1 muffin
140 calories 588 kilojoules

1 bread/starch, 1 fruit + 1/2 fat

TOTAL FAT - 2.4 g per muffin
15% FAT



*Breakfast is the most
important meal of the day!*



3	large, very ripe bananas, mashed	3
1/4 cup	white sugar	50 mL
2 Tbsp.	Splenda (if desired)	30 mL
1	egg, plus one egg white	1
1/2 cup	applesauce	125 mL
2 Tbsp.	margarine, melted	30 mL
1/2 tsp.	half salt	2 mL
1 1/2 tsp.	baking powder	7 mL
1 tsp.	baking soda	5 mL
1 1/2 cups	all purpose flour	375 mL
	(or 1/2 white and 1/2 whole wheat)	



1. Heat oven to 375° F / 190°C. Spray muffin tins with nonstick cooking spray.
2. In a food processor mix banana, sugar, splenda, egg, applesauce and melted margarine.
3. In a separate bowl, mix dry ingredients.
4. Make a well in dry ingredients and add wet ingredients. Gently fold wet into dry, stirring just enough to blend.
5. Spoon into muffin tins ~ fill until 3/4 full. Bake in a 375° F / 190°C oven for 20 minutes or until golden and firm to the touch.

Best Ever Light Bran Muffins

Yields - 12 muffins

1 muffin
155 calories 651 kilojoules

**1 bread/starch, 1 fruit, 1/2 fat
+ 2 tsp. sugar**

**TOTAL FAT - 3 g per muffin
17% FAT**



HAPPY HEART OUTLOOK

*Treat yourself occasionally
to the little things you really like!*

1 cup	buttermilk - low fat	250 mL
3/4 cup	natural bran	150 mL
1	egg + 1 egg white or 3 egg whites or 2 egg substitutes	
2 Tbsp.	margarine, melted	30 mL
1/2 cup	unsweetened applesauce	125 mL
1/4 cup	molasses	50 mL
2 Tbsp.	brown sugar	30 mL
1/2 tsp.	vanilla	2 mL
1 1/2 cups	all purpose flour	375 mL
1 tsp.	soda	5 mL
2 tsp.	baking powder	10 mL
1/2 tsp.	half salt or no salt	2 mL
1/2 cup	raisins	125 mL

1. Preheat oven to 375°F / 190°C. Spray muffin tin with cooking spray.
2. Add natural bran to 1 cup buttermilk and let stand.
3. In food processor or large bowl, combine egg, margarine, applesauce, molasses, brown sugar and vanilla. Blend well.
4. Combine dry ingredients in separate bowl and add raisins.
5. Make a well in dry ingredients. Add buttermilk mixture and egg mixture. Stir just until moistened. Mix as quickly and as lightly as possible. Spoon into muffin tins. Bake at 375°F / 190°C for 15 - 18 minutes until golden brown or until toothpick inserted in center comes out clean.

Carolyn's Maple Wheat Germ Muffins

Yields - 12 large muffins

1 muffin

230 calories.....966 kilojoules

2 bread/starch, 1/2 fruit, 1 1/2 fat

TOTAL FAT - 6.8 g per muffin

26% FAT

*These are delicious and
definitely worth all 230 calories.*

HAPPY HEART FACT

*Wheat germ is an excellent source of
B₆, riboflavin, thiamin, Vitamin E
and essential fatty acids.*

WET INGREDIENTS

2	eggs or 2 egg substitutes	2
1/4 cup	maple syrup	50 mL
1/4 cup	brown sugar	50 mL (or brown sugar sugar twin)
1/4 cup	margarine, melted	50 mL
1/2 cup	unsweetened applesauce	125 mL
1 1/2 cup	low fat buttermilk	375 mL
1 tsp.	maple extract (or vanilla)	5 mL

DRY INGREDIENTS

1 1/2 cups	all purpose flour	375 mL
1 1/2 tsp.	baking soda	7 mL
1 1/2 tsp.	baking powder	7 mL
1/2 tsp.	half salt or no salt	2 mL
1 1/2 cup	toasted wheat germ	375 mL
1/2 cup	raisins	125 mL

1. Preheat oven to 375°F / 190°C. Spray muffin tin with cooking spray.
2. Combine wet ingredients well.
3. Combine dry ingredients. Make a well in dry ingredients.
4. Add wet to dry ingredients and stir gently until just moistened. Bake in 375° / 190° oven for 14 - 15 minutes until golden brown.

Peach Parfait Power Porridge

Yields - 1 serving

227 calories (with sweetener)
.....953 kilojoules

277 calories (with sugar)
.....1163 kilojoules

2 bread/starch, 1 fruit, 1 milk

TOTAL FAT - 2.6 g per serving
8% FAT

This is like having "peach crisp" for breakfast. It stays with you all morning and takes only 90 seconds to prepare.

HAPPY HEART OUTLOOK

"Break the fast" and be sure to eat breakfast to give your body energy and a great start to the day.



1/3 cup	dry oatmeal75 mL
1/2 peach	in own juice, rinsed & cut up1/2
dash	cinnamondash
1 cup	hot tap water250 mL
1/3 cup	bran buds with psyllium75 mL
1 Tbsp.	brown sugar15 mL
	(or brown sugar sugar twin)	
4 oz.	skim or 1% milk125 mL

1. Place rinsed, cut up peaches in a cereal bowl and sprinkle with cinnamon.
2. Add dry oatmeal and hot tap water. Stir.
3. Cook on high in microwave for 90 seconds.
4. Add bran buds, brown sugar and milk.



Raspberry Oatmeal Yogurt Muffins

Yields - 10 muffins

1 muffin
150 calories 630 kilojoules

1 bread/starch, 1 fat, 1 tsp. sugar

TOTAL FAT - 5.5 g per muffin
33% FAT

HAPPY HEART OUTLOOK

*Keep your exercise routine
fresh and interesting!*



1 cup	all purpose white flour	250 mL
1 Tbsp.	baking powder	15 mL
1/2 tsp.	baking soda	2 mL
1/4 tsp.	half salt	1 mL
1/2 tsp.	cinnamon	2 mL
3/4 cup	rolled oats	175 mL
1/4 cup	white sugar	50 mL
3 Tbsp.	splenda	45 mL
	1 egg + 1 egg white	
3/4 cup	low fat plain yogurt.....	175 mL
1/2 tsp.	vanilla.....	2 mL
1/4 cup	melted margarine	50 mL
1 cup	raspberries, frozen	250 mL
1/4 cup	blueberries, frozen.....	50 mL

1. Preheat oven to 375°F / 190 ° C. Spray muffin tins with nonstick cooking spray.
2. Stir together the dry ingredients - the flour, baking powder, baking soda, half salt, cinnamon, sugar (Splenda) & rolled oats.
3. Beat together the wet ingredients - egg, egg white, yogurt, margarine & vanilla.
4. Add the cut up fruit to the dry ingredients.
5. Make a well in dry ingredients. Add wet ingredients all at once, to dry ingredients. Stir gently only until moistened.
6. Spoon into muffin tins. Bake 15-20 minutes in 375° / 190° oven.

Sour Cream Wheat Germ Buns

Yields - 16 buns

1 bun
140 calories 588 kilojoules

1 1/2 bread/starch, 1/2 fat

TOTAL FAT - 3.2 g per serving
21% FAT

This is my family's favourite bun!

HAPPY HEART OUTLOOK

Exercise ...

*...it helps you mentally
as well as physically!*



(Breadmaker Recipe)

2/3 cup	1% or skim milk	150 mL
1/2 cup	sour cream, 1% BF	125 mL
1	egg (or 2 egg whites)	1
2 Tbsp.	molasses	30 mL
2 tsp.	margarine	10 mL
1 1/2 cups	whole wheat bread flour	375 mL
1 1/2 cups	white bread flour	375 mL
1/3 cup	toasted wheat germ	75 mL
3/4 tsp.	salt	3 mL
1 tsp.	quick-rise instant dry yeast	5 mL
4 tsp.	melted margarine	20 mL

1. Add all ingredients (except last 4 tsp. margarine) to breadmaker in order given. Select dough cycle. When cycle is complete (2 1/2 hours), remove dough from machine.
2. On a lightly floured surface, divide dough in half. Let rest 10 minutes. Roll each half of dough into an 8-inch / 20 1/2 cm. circle.
3. Brush each circle with 2 tsp. melted margarine. Cut each circle into 8 wedges. Beginning at wide ends, roll up dough wedges to make butterhorns.
4. With points side down, place rolls 2-3 inches / 5-8 cm. apart on baking sheets sprayed with nonstick cooking spray. Place rolls in cold oven. Place a pan of boiling water on lower shelf of oven. Let rise for about 30 minutes until double in size.
5. Remove rolls and pan of water from oven. Preheat oven to 375° F / 190°C and bake rolls for 12 - 15 minutes until golden brown.

Soups

Basil Pasta Bean Soup

Cream of Broccoli Soup

Italian Chicken Soup

Lickity Split Pea Soup

Maritime Seafood Chowder

Minestrone Soup

Mom's Homemade Turkey Soup

Healthy Heart Vegetable Soup

Tomato Bouillon Consommé



Basil Pasta - Bean Soup

Yields - 9 cups

1 serving = 1 cup
164 calories689 kilojoules

1 oz. protein, 1 bread/starch,
1 veg./fruit

TOTAL FAT - 1.3 g fat
7% FAT

2 cups
328 calories1378 kilojoules

2 oz. protein, 2 bread/starch, 1
veg. A, 1/2 fat

TOTAL FAT - 2.6 g fat
7% FAT

*Do yourself a favor
and grow some fresh herbs.*

*This soup is a great way to
incorporate beans (soluble fibres)
into your diet. Add a slice of
whole wheat bread, fresh fruit
and low fat cheese for a great
lunch or supper. Freezes well!*

HAPPY HEART OUTLOOK

Keep positive.

If you think you can, you CAN!

2 cups	sliced mushrooms	500 mL
1 cup	sliced carrot	250 mL
1/2 cup	chopped onion.....	125 mL
2 cloves	garlic, crushed	2
1 Tbsp.	olive oil.....	15 mL
3	(10 oz. / 284 mL) cans of	3
	Campbell's Healthy Request, low fat, low sodium chicken broth	
1/2 cup	penne pasta, raw.....	125 mL
1 can	(28 fl. oz. / 796 mL) stewed tomatoes 1 can (with oregano)	
1 can	garbanzo beans (19 oz. / 540 mL)	1 can
	(or 1 can UNICO ready to serve marinated bean salad (19 oz. / 540 mL)	
1/4 cup	snipped fresh basil	50 mL
	(or 1 Tbsp. dry basil)	15 mL
1 Tbsp.	snipped fresh thyme	15 mL
	(or 1/4 tsp. dry thyme).....	1 mL

1. In a large saucepan or Dutch oven, cook the mushrooms, carrot, onion and garlic in oil until tender but not brown. Add broth. Bring to a boil.
2. Stir in pasta. Return to boil. Cook 10 -12 minutes until pasta is tender but still firm. Stir in tomatoes and garbanzo beans. Heat through.
3. Just before serving, stir in fresh herbs (or dried herbs).

Cream of Broccoli Soup

Yields 4 servings

1 serving = 3/4 cup / 175 mL
130 calories546 kilojoules

**1 bread/starch, 1 veg. / fruit,
1/2 milk**

**TOTAL FAT - .5 g per serving
3% FAT**



*This is a delicious way to add
calcium to your meal plan!*



HAPPY HEART FACT

Did you know...

*...salmon and broccoli are excellent
nondairy sources of calcium?*



2 cups	low fat, low sodium chicken broth ...500 mL
2 medium	potatoes, peeled and cubed2
1/2 cup	chopped onion125 mL
1/2	medium carrot, shredded1/2
1 cup	broccoli florets250 mL (or cauliflower or asparagus)
8 oz.	1% milk125 mL (or 8 oz. / 250 mL evaporated skim milk)



1. Bring chicken broth to a boil. Add cubed potato, onion and carrot. Cook 5 minutes.
2. Add broccoli and cook 5-6 minutes longer until potato is tender.
3. Purée cooked vegetables and broth in food processor. Add milk and reheat. If desired, top each bowl of soup with 1/4 cup / 28 g grated mozzarella cheese, 15% BF (80 extra calories, 1 oz. protein)

Italian Chicken Soup

Yields - 6 cups / 1 1/2 L

Each 1 cup serving
195 calories819 kilojoules

**2 lean protein, 1 bread/starch,
1 veg. / fruit, 1 free veg. + +
& 1/2 fat**

**TOTAL FAT - 2.5 g per serving
12% FAT**



*This is one of
my family's favourites!*



HAPPY HEART FACT

*Did you know?...
...an average ear of corn
has 800 kernels in 16 rows.*



2 tsp.	olive oil	10 mL
4	deboned skinned chicken breasts	4 (4 oz. / 112 g / each, raw)
1/2 cup	onion, chopped	125 mL
1/4 cup	celery, chopped	50 mL
2 cloves	garlic, crushed	2
1 tsp.	dried basil (1/4 cup / 50 mL fresh)	5 mL
1/4 tsp.	freshly ground pepper	1 mL
1 can	(19 oz. / 540 mL) stewed tomatoes.....	1 can (with basil, oregano & garlic undrained)
1 cup	water	250 mL
1 can	(10 oz. / 284 mL) low sodium, low fat	1 chicken broth, Campbell's Healthy Request
1/4 cup	carrot, grated	50 mL
1 cup	frozen corn	250 mL
1/3 cup	spaghetti noodles broken into 1" / 2.5 cm. lengths	75 mL
2 Tbsp.	grated lite Parmesan cheese, 16% B.F.	30 mL

1. Cut chicken into small cubes.
2. Spray a large nonstick teflon pan with nonstick spray. Add oil. Heat. Stir-fry chicken pieces until lightly browned.
3. Add onion, celery, garlic and cook until vegetables are tender, yet crisp.
4. Stir in basil, pepper, tomatoes, water, and broth. Cover and simmer 5 minutes.
5. Stir in carrots, corn and spaghetti. Simmer 10 minutes or until spaghetti is al dente. Garnish each serving with 1 tsp. / 15 mL Parmesan cheese.

Lickety Split Pea Soup

Yields - 5 cups

1 cup - 250 mL
167 calories 701 kilojoules

**1 protein, 1 bread/starch,
1 veg. / fruit**

**TOTAL FAT - .8 g per serving
4% FAT**



*Whole foods, particularly fresh
fruits and vegetables are a better
way to take your vitamins
than supplements because,
besides providing fibre they also
contain other bonus ingredients.*



HAPPY HEART FACT

*Split pea soup
is an excellent source
of soluble fibre which helps
to lower cholesterol levels
and to control blood sugar
levels for diabetics.*

1 cup	dry yellow peas	250 mL (equals 2 1/2 cups/625 mL cooked)
1 tsp.	thyme	5 mL (or 1 Tbsp. snipped, fresh thyme)
1 clove	garlic, crushed	1
1 medium	carrot, finely grated	1
1 small	potato, diced	1
1 small	onion, chopped	1
2 oz.	smoked ham, cubed.....	56 g
4 cups	boiling water	1 L
3 pkgs.	low sodium chicken granules	3
1	Bay leaf	1



Combine all ingredients in a large microwavable bowl and cover. Microwave on medium (7) for 45 minutes. Stir every 10 minutes. Remove Bay leaf. If this soup becomes too thick, just add more chicken broth. Freezes well.

Maritime Seafood Chowder

Yields - 4 servings

1 serving = 1 cup

338 calories1420 kilojoules

1 bread/starch, 3 lean protein,
1 veg. / fruit. 1 free vegetable ++,
2 milk, 1/2 fat

TOTAL FAT - 2.7 g

7% FAT

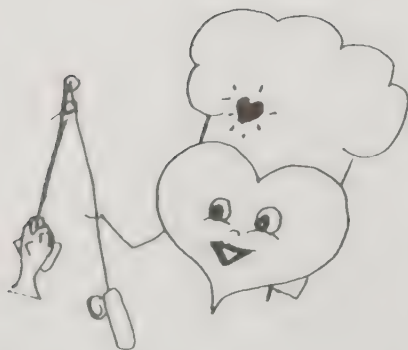


HAPPY HEART OUTLOOK

*"Remember, the effort you make
today will reward you tomorrow.
Strive to be the best you can be.*

1 pound	white fish, thawed & cubed	500 g.
1/2 cup	celery, chopped	125 mL
1/2 cup	onion, chopped	125 mL
4 tsp.	light margarine	20 mL
2	medium potatoes, cubed	2
2	carrots, grated	2
2 cups	low fat, low sodium chicken broth ...	500 mL
1 1/3 cup	frozen peas	325 mL
2 cups	evaporated skim milk	500 mL
1/4 tsp.	each half salt or no salt, fresh ground pepper, dried thyme, parsley, basil, dill weed. ...	1 mL

1. Melt margarine in saucepan. Sauté onions and celery until onion is soft and tender.
2. Add chicken broth. Heat to boiling. Add potato, fish, carrots. Boil 10 minutes until potatoes are cooked.
3. Add peas and milk. Heat until warmed through. Add seasonings. Serve.



Minestrone Soup

Yields - 14 cups

1 serving = 1 cup
110 calories462 kilojoules

**1 protein, 1 free vegetable ++,
1 veg. / fruit**

**TOTAL FAT - .3 g per serving
2% FAT**



HAPPY HEART OUTLOOK

"Five servings of fruits and vegetables a day can provide 200 mg. of vitamin C, which not only protects against vitamin C deficiency but, saturates the cells and may protect against disease."



12 oz.	lean ground beef (or ground chicken)	336g.
8 cups	water	2 L
4 pkgs.	low sodium beef bouillon granules	4
1 cup	onion, chopped	250 mL
2 cups	cabbage, chopped	500 mL
2 cups	carrots, diced	500 mL
2 cups	canned tomatoes, cut up	500 mL
2 cups	canned kidney beans	500 mL
1 clove	garlic, crushed	1
1/2 tsp.	black pepper	2 mL
1 tsp.	oregano, crushed	5 mL (1 Tbsp. / 15 mL fresh, chopped)
1 tsp.	basil	5 mL (1 Tbsp. / 15 mL fresh, chopped)
1 Tbsp.	dry parsley	15 mL (1/4 cup / 500 mL fresh, chopped)
1 cup	raw rotini pasta	250 mL

1. Spray a large teflon pan with nonstick cooking spray and brown meat blotting up any fat with a paper towel.
2. Add meat to water and bouillon in a large cooking pot.
3. Add onions, cabbage and carrots. Bring to boil and simmer 30 minutes.
4. Add remaining ingredients and simmer until macaroni is cooked - 15 minutes. Serve immediately or freeze.

Mom's Homemade Turkey Soup

Yields - 14 cups

1 cup
80 calories336 kilojoules

1 bread/starch

TOTAL FAT - .2 g per 1 cup soup
1.9% FAT



HAPPY HEART OUTLOOK

"Recognize that in order to change your body you need to change your lifestyle and that takes time."

HAPPY HEART FACT

A cup of homemade vegetable soup at the beginning of a meal is a great way to incorporate more vegetables into your diet and it also helps to reduce your appetite.

Turkey bones (be sure to leave some meat on the bones for the soup)

9 cups water2.25 L
2 carrots, scraped and cut into chunks2
1/2 head cabbage1/2
2 medium onions cut into 4 pieces each2
2 pkgs. low sodium chicken broth2
a few peppercorns



1. Simmer all the ingredients for 1 1/2 hours. Strain. Remove meat from the bones and save for soup. Cool and remove fat.

TO MAKE TURKEY SOUP:

8 - 9 cups turkey broth2.25 L
3 cups carrot, grated750 mL
2 medium onions, grated2
2 1/2 cups turnip, grated625 mL
2 large potatoes, grated2
1 tsp. celery salt5 mL
1 tsp. savory.....5 mL
(or 1 Tbsp. / 15 mL fresh savoury, snipped)
1 tsp. beau monde seasoning5 mL
2 pkgs. low sodium chicken broth2
~ half salt or no salt, freshly ground pepper to taste ~

2. Add vegetables to broth. Simmer 5 minutes. Add seasonings. Add 2 cups / 500 mL cut up turkey meat. Serve. Freezes well.

Healthy Heart Vegetable Soup

Yields - 11 cups / 2.75 L

1 serving = 1 cup (250 mL)
40 calories168 kilojoules

1 veg. / fruit or 2 free vegetable ++

TOTAL FAT - 0 g per serving
0% FAT



*Delicious, crunchy crisp
vegetables and chocked full
of nutrients. What a great way
to get your veggies!*

- 6 cups low sodium chicken broth1.5L
- 1 can Italian peeled whole tomatoes, cut up1
(28 oz. / 795 mL)
- 1 tsp. basil5 mL
- 6 cups vegetables cut into 1" / 2.5 cm. pieces ...1.5L
ie. broccoli, carrots, onion, mushrooms,
asparagus, zucchini



Combine chicken broth, tomatoes, vegetables and basil. Bring to a boil then sit off stove and allow to cool. Store in fridge. Reheat soup as needed. Top with 1 Tbsp. / 15 mL lite Parmesan cheese (20 calories / Tbsp. / 15 mL) if desired.

Tomato Bouillon Consommé

Yields - 6 servings

1 serving = 1 cup (250 mL)
30 calories126 kilojoules

1 veg. / fruit or 2 free vegetable ++

TOTAL FAT - 0 g per serving
0% FAT



*This is a light delicious appetizer
for a dinner party or a great light
soup with a sandwich.*

- 2 cans (10 oz. / 284 mL) beef broth.....2
low fat, low sodium
- 1 bottle (750 mL) garden cocktail juice1
- 1 Tbsp. lemon juice15 mL
- 1 tsp. dried basil5 mL
(or 1 Tbsp. / 15 mL fresh basil, snipped)
- 1 tsp. horseradish5 mL
- 2 Tbsp. croutons30 mL



Combine all above ingredients except croutons and heat to boiling. Let simmer - 10 - 15 minutes. Ladle into warmed soup bowls and top each with 1 tsp. / 5 mL croutons or serve in mugs as a hot premeal drink.

Vegetables and Salads

Cool Tuna Cucumber Dill Pasta Salad

Creamy Orange Tarragon Salad Dressing

Crunchy Broccoli Salad

Matchstick Parsnips

Overnight Curried Chicken Salad

Light Greek Pasta Salad

Grilled Chicken and Red Onion Salad

Pineapple Rice Chicken Salad

Tuna Waldorf Pasta Salad



Cool Tuna Cucumber Dill Pasta Salad

Yields - 4 servings

1 serving = 1 cup

160 calories 672 kilojoules

1 lean protein, 1 bread/starch, 1/2 fat, 1 free vegetable ++

TOTAL FAT - 1.6 g

9% FAT

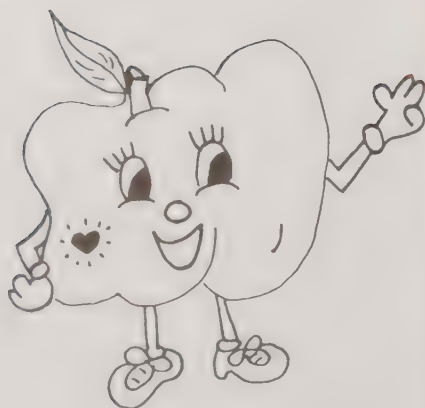


Cool refreshing summer salad.



HAPPY HEART OUTLOOK

*Make an "appointment" each day
for you to exercise and have
some time for yourself.*



2 cups	uncooked spaghetti	500 mL
	broken into 2" / 5 cm. pieces	
1/2 cup	cucumber, cut up	125 mL
1/2 cup	celery, chopped	125 mL
1/2 cup	green pepper, chopped	125 mL
1/4 cup	carrots, chopped	50 mL
1 can	tuna (6.5 oz. / 184 grams).....	1
	(packed in vegetable broth, drained)	
1/4 cup	ultra light mayonnaise	50 mL
	(24 calories / Tbsp.)	
1/2 tsp.	dried dill weed	2 mL
1 Tbsp.	lemon juice	15 mL
1/4 tsp.	celery salt	1 mL
	~ half salt & freshly ground pepper ~	

1. Cook pasta in boiling, salted water for 11 minutes or until al denté. Rinse with cold water to cool down. Drain well.
2. Add tuna, vegetables, mayonnaise and seasonings. Mix well. Serve on lettuce leaves.

Creamy Orange Tarragon Salad Dressing

Yields - 1 cup

1 serving = 2 Tbsp.
22 calories134 kilojoules

1/2 fat

TOTAL FAT - .4 g

16% FAT



HAPPY HEART FACT

*Did you know that...
you cannot burn fat effectively
if you do not have enough
carbohydrate rich food in your diet.*

- | | | |
|---------|---------------------------------------|--|
| 1/2 cup | 1% light sour cream | 125 mL |
| 2 Tbsp. | rice vinegar | 30 mL |
| 1/4 cup | mandarin oranges, rinsed & drained... | 50 mL |
| 2 Tbsp. | ultra light mayonnaise | 30 mL
(24 calories / Tbsp. / 15 mL) |
| 2 tsp. | splenda..... | 10 mL |
| 2 tsp. | tarragon | 10 mL |
| | ~ half salt or no salt ~ | |
| | ~ Mrs. Dash lemon seasoning ~ | |
| | ~ Freshly ground pepper ~ | |



1. Purée all above ingredients in food processor.
Store in refrigerator.

Crunchy Broccoli Salad

Yields - 4 cups = 8 servings

1 serving = 1/2 cup
82 calories340 kilojoules

1 fat, 1/2 fruit, 1 free vegetable ++

TOTAL FAT - 3.3 g. /serving

36% FAT



*This has become my favourite
way to serve broccoli. This was
especially nice made with fresh
broccoli from my Dad's garden!*

- | | | |
|--------------|---------------------------------------|--|
| 1/4 cup | light sour cream, 1% M.F. | 50 mL |
| 2 Tbsp. | ultra light mayonnaise | 30 mL
(24 calories / Tbsp. / 15 mL) |
| 1/2 - 1 tsp. | Grainy Dijon mustard | 2 - 5 mL |
| 1 1/2 pkg. | equal or Splenda | 1 1/2 |
| 1 head | broccoli (3 cups / 750 mL) | 1 |
| 1/4 cup | grated mozzarella cheese 15% B.F. ... | 50 mL
(or skim cheese with cheddar flavouring, 7% B.F.) |
| 1/4 cup | sunflower seeds | 50 mL |
| 1/4 cup | raisins | 50 mL |



1. Wash broccoli and cut into florets.
2. Combine salad dressing ingredients (first 4 ingredients) with prepared broccoli, cheese, seeds & raisins.

Matchstick Parsnips

Yields - 6 servings

1 serving - 1/3 cup
42 calories176 kilojoules

1 veg. / fruit

TOTAL FAT — 0 g fat
0% FAT

2 cups cut up parsnips julienne style500 mL
1 cup low sodium chicken broth.....250 mL
2 tsp. brown sugar10 mL

1. Cover parsnips with chicken broth in a microwavable cooking dish.
2. Sprinkle with brown sugar.
3. Cover with a dish or cover.
4. Cook on high for 5-6 minutes until tender. Serve.

Overnight Curried Chicken Salad

Yields - 6 servings

1 serving
215 calories903 kilojoules

2 oz. lean protein, 1 fat,
1 veg. / fruit, 1 free vegetable ++

TOTAL FAT — 3.2 g fat
13% FAT

6 cups romaine, torn into pieces1500 mL
1 cup bean sprouts250 mL
1 cup thinly sliced cucumber250 mL
1 cup fresh snowpeas250 mL
2 green onions, thinly sliced2
2 cups frozen peas500 mL
3 cups cooked chicken, cubed750 mL
1 cup 1% light sour cream250 mL
1/4 cup ultra light mayonnaise50 mL
(25 calories / Tbsp. or 15 mL)
2 tsp. splenda.....10 mL
1 tsp. curry powder.....5 mL
1/4 tsp. ground ginger1 mL
cherry tomatoes, snowpeas & parsley

*This dish is great to take
to a potluck supper.*

1. Spread lettuce in bottom of 1 L. glass bowl. Layer with bean sprouts, cucumber, snowpeas, onion, peas & chicken.
2. In a bowl, stir together sour cream, mayonnaise, splenda, curry and ginger. Spread evenly over salad. Decorate with cherry tomatoes, snowpeas, parsley. Cover and refrigerate overnight or until ready to serve.

Light Greek Pasta Salad

**Yields - 4 (2 cup) servings
or 8 (1 cup) servings**

1/4 recipe - 2 cups / 500 mL
275 calories 116 kilojoules

**2 bread/starch, 1/2 protein,
1 veg. / fruit, 1 1/2 fat**

**TOTAL FAT — 11.1 g fat
36% FAT**

1/8 recipe - 1 cup / 250 mL
137 calories 575 kilojoules

**1 bread/starch, 1/4 protein,
1 free vegetable ++, 3/4 fat**

**TOTAL FAT — 5.6 g fat
36% FAT**

3 cups	dry rotini	750 mL
2 cups	fresh tomato, chopped	500 mL
1 cup	green pepper, chopped	250 mL
1 cup	cucumber, chopped	250 mL
1	green onion, chopped	1
1 Tbsp.	garlic chives, finely chopped (optional) ...	15 mL
1 Tbsp.	fresh oregano, finely chopped (optional)	15 mL
1 tsp.	dried oregano	5 mL
1/4 cup	olives, pitted & sliced (approx. 6)	50 mL
1/2 cup	feta cheese, shredded (2oz./ 56g) ...	125 mL
2 Tbsp.	olive oil	30 mL
2 Tbsp.	lemon juice or red wine vinegar	30 mL
2 Tbsp.	chicken broth	30 mL
	~ half salt or no salt ~	
	~ freshly ground pepper ~	
2 Tbsp.	parmesan cheese	30 mL

1. Cook rotini until al denté ~ approx. 15 minutes.

Drain. Mix with cold water to rinse.

Four cups of cooked rice may be substituted
for four cups cooked pasta.

2. Mix pasta or rice with next 9 ingredients.

Chill in fridge.

3. Just before serving, add the oil, lemon juice,
chicken broth, seasonings and parmesan cheese.
Serve on lettuce leaves.

Grilled Chicken & Red Onion Salad

Yields - 6 servings

1 serving

195 calories819 kilojoules

**2 lean protein, 1 milk,
2 fat, 2 free vegetable ++**

**TOTAL FAT - 9.5 g
44% FAT**



*This is one of my family's
favourite suppers!*

Also nice with pork tenderloin.

*The sauce may be used
as a marinade for chicken
or pork ka-bobs.*



HAPPY HEART FACT

Did you know...

Vitamin C rich foods

*ie. oranges, lemons, tomatoes,
kiwi, newly dug potatoes
enhance the absorption of calcium,
iron and protein from foods.*

*To reduce total fat intake,
serve this salad with crusty
French bread, fresh fruit,
a glass of low fat milk
for a total of 400 calories
(1680 kilojoules) and 23% fat.*

4 boneless	skinless chicken breasts4
1 large	red onion, sliced1
1	green pepper, sliced1
1	sweet red pepper, sliced1
2 Tbsp.	olive oil30 mL
1/2 cup	chicken stock125 mL
1/4 cup	lemon juice50 mL
1 clove	garlic, crushed1
2 Tbsp.	fresh oregano, chopped fine30 mL
	or 1 tsp. dry oregano5 mL
2 Tbsp.	fresh basil, chopped fine30 mL
	or 1 tsp. dry basil5 mL
1 tsp.	grainy Dijon mustard5 mL
1/4 tsp.	no-salt or half salt1 mL
	~ freshly ground pepper ~	
8 cups	(or more) torn mixed greens8 x 250 mL
3/4 cup	feta cheese, grated175 mL
	(or 3/4 cup grated 15% mozzarella cheese - 3 oz. or 84 g.)	

1. In a small saucepan, combine olive oil, chicken stock, lemon juice, garlic, oregano, basil, mustard, no-salt or half salt and pepper. Brush 1/4 cup (50 mL) over chicken, onion and peppers.
2. Grill chicken and vegetables on sprayed vegetable rack on B.B.Q. Grill chicken 6-7 minutes per side until golden brown and heated through.
3. Heat dressing.
4. Divide salad onto 6 plates.
5. Slice grilled chicken and place approx. 2 oz. (60 grams) on top of salad greens. Place grilled vegetables around chicken. Sprinkle salads with feta cheese. Pour warm dressing over salads. Serve with crusty French bread.

Pineapple Rice Chicken Salad

Yields - 4 servings

1 serving = 1 cup
280 calories1180 kilojoules

**2 protein, 1 bread/starch,
1 fat, 1 fruit**

**TOTAL FAT - 5.2 g
17% FAT**



HAPPY HEART FACT

*After puberty, the body's number
of fat cells remain fairly constant.*

*When you gain weight
these cells expand.*

*When you lose weight,
they shrink.*



2 cups	cooked chicken, cubed	500 mL
2 cups	cooked rice	500 mL
1 can	pineapple chunks in own juice, drained ...	1
	(14 oz. / 398 mL) - save 2 Tbsp. / 30 mL juice for dressing	
1/2 cup	celery, chopped	125 mL
1	green onion, chopped	1
2 Tbsp.	sunflower seeds	30 mL

DRESSING:

1/4 cup	Ultra light mayonnaise	50 mL
	(24 calories / 1 Tbsp. / 15 mL)	
1/4 cup	pineapple chunks	50 mL
	(from 14 oz. can above)	
2 Tbsp.	pineapple juice	30 mL
1 tsp.	Splenda	5mL

1. Combine all dressing ingredients in blender.
2. Mix chicken, rice, pineapple, celery and onion.
3. Toss with dressing.
4. Cover and refrigerate – 4 hours or until cold.
Serve on lettuce leavers. Sprinkle seeds on top.

Tuna Waldorf Pasta Salad

Yields - 4 servings (4 cups / 1 1/2 L)

1 serving = 1 1/2 cups / 375 mL
295 calories1240 kilojoules

2 protein, 1 bread/starch,
1 fat, 1 fruit

TOTAL FAT - 4.4 g per serving
13% FAT



*This makes a light refreshing
summer lunch or supper.*



HAPPY HEART OUTLOOK

*Feed your muscles by eating
high carbohydrate foods
(ie. potatoes, rice, pasta, bread,
low fat muffins, fruit, vegetables,
low fat yogurt, milk)
rather than feeding fat cells.*

- | | |
|---------|---|
| 1 cup | uncooked small macaroni shells250 mL |
| 1 can | tuna (6.5 oz. / 184 g)1
in spring water or broth, drained |
| 2 cups | red & green apples,500 mL
chopped with skin |
| 1 cup | skim milk cheese with cheddar250 mL
flavouring, 7% BF, shredded (4 oz. / 112g) |
| 1 cup | celery, chopped250 mL |
| 1/2 cup | ultra light mayonnaise125 mL
(@ 24 calories / Tbsp. / 15 mL) |
| 2 Tbsp. | frozen pink lemonade concentrate ...30 mL |

1. Cook macaroni until al denté and rinse with cold water. Refrigerate until ready to use.
2. Drain tuna. Flake with fork.
3. Combine apples with lemonade concentrate. Add celery, tuna, cheese, mayonnaise and macaroni.
4. Chill thoroughly. Serve on lettuce-lined plates.





Poultry

Asparagus Chicken

Breaded Orange Chicken Breasts

Chicken Diane

Chicken Pot Pie with Biscuits

Chicken with Pineapple Citrus Sauce

Company Sesame Garlic Chicken

Crispy Baked Chicken with Herbs

Crunchy Chicken Cordon Bleu

Curried Chicken Tetrazzini

Dijon Mustard Chicken with Rosemary and Pasta

Honey Mustard Crumb Chicken

Lava Chicken

Light Sweet and Sour Chicken

Mexican Salsa Chicken (or Chicken Parmesan)

Pasta with Shrimp and Grilled Chicken

Quick and Easy Chicken Fajitas

Savory Lemon Chicken

Spinach Stuffed Chicken Breasts

Stuffed Breasts of Chicken with Pineapple Sauce

Zesty B.B.Q'ued Chicken

Asparagus Chicken

Yields - 4 servings

1 serving = 1 roll up
211 calories 886 kilojoules

3 lean protein, 1 milk, 1/2 fat

TOTAL FAT - 8 g / serving
35% FAT



*Partially cooked broccoli
could be substituted
for asparagus in this recipe.*



HAPPY HEART OUTLOOK

*We all need at least 8 glasses
of water per day to help prevent
dehydration and to rev up our
metabolisms by carrying nutrients
to body cells and getting rid of wastes.*

*When we exercise,
we need even more water.*



- | | | |
|---------|--|--------|
| 4 | chicken breasts (4 oz. / 112 g each) | 4 |
| | (deboned and skinned) | |
| 1/2 cup | mozzarella cheese, 15% BF, grated ... | 125 mL |
| 8 | asparagus spears (2 oz./58 g) | 8 |
| | (canned or fresh cooked - 5 minutes) | |
| 2 tsp. | margarine, melted | 10 mL |
| | ~ lemon juice ~ | |
| 4 | soda crackers, crushed | 4 |
| | ~ Mrs. Dash salt free lemon seasoning ~ | |
| | ~ freshly ground pepper, onion powder
garlic powder ~ | |

1. Flatten chicken breasts with edge of saucer.
2. Place 2 asparagus spears on top of each breast.
3. Place 2 Tbsp. cheese on asparagus.
4. Sprinkle with lemon juice.
5. Roll up. Fasten with toothpicks. Place seam side down in baking dish.
6. Drizzle with melted margarine, lemon juice, crumbs and seasonings as desired ie. Mrs. Dash salt free lemon seasoning, freshly ground pepper, onion powder and garlic powder.
7. Bake in 350°F / 180°C oven for 35 - 40 minutes. Remove toothpicks. Freezes well.

Breaded Orange Chicken Breasts

Yields - 4 servings

1 serving

220 calories.....924 kilojoules

3 lean protein, 1 veg. / fruit, 1 fat

TOTAL FAT - 7 g per serving

28% FAT



*This coating can also be used
to make chicken fingers.*



HAPPY HEART OUTLOOK

*Make an "appointment" each day
in your schedule for exercise.*

Make it happen!

4

chicken breasts (4 oz. / 112 g each)4
(deboned and skinned)

~ two egg whites or one egg ~

1

orange - juice and rind1

12

low fat wheat crackers, crushed12

1 Tbsp.

sesame seeds15 mL

2 tsp.

margarine, melted10 mL

paprika, half-salt (or no salt)

freshly ground pepper



1. Dip chicken in beaten egg and orange juice.
2. Combine cracker crumbs, sesame seeds, orange rind, paprika, half-salt (no salt) and pepper in plastic bag.
3. Put chicken in bag and shake. Place chicken on baking pan sprayed with nonstick cooking spray.
4. Drizzle with melted margarine and paprika, half salt and pepper. Bake in 350°F / 180°C oven for 45-50 minutes until golden brown.

Chicken Diane

Yields - 4 servings

1 serving

195 calories819 kilojoules

3 lean protein, 1/2 fat, 1 free vegetable ++

TOTAL FAT - 5.4 g

25% FAT



*Mmmm...
...gourmet fare!*

- | | |
|----------|---|
| 4 | chicken breasts, deboned & skinned4
(4 oz. / 112 g each) |
| | nonstick cooking spray |
| 2 Tbsp. | flour30 mL |
| 2 Tbsp. | green onions, chopped30 mL |
| 1 clove | garlic, crushed1 |
| 2 tsp. | margarine10 mL |
| 2 Tbsp. | grainy dijon mustard30 mL |
| 1/2 cup | dry, white wine (or chicken broth) ...125 mL |
| 1/2 tsp. | Worcestershire sauce2 mL |
| 2 Tbsp. | dry cooking sherry (or chicken broth) 30 mL |
| 1/2 cup | light sour cream, 1% B.F.125 mL |
| 1 tsp. | low fat, low sodium chicken granules...5 mL |
| | freshly ground pepper |

1. Spray a teflon pan with nonstick cooking spray.
2. Cut chicken into strips. Dust with flour.
Brown chicken. Remove chicken.
3. Add margarine, onions and garlic to pan.
Cook until onion is tender.
4. Add mustard, wine, Worcestershire sauce, sherry and
cook until about 1/2 of the liquid has evaporated.
5. Add sour cream, broth granules and freshly ground
pepper. Pour over chicken. Bake in a 350°F / 180°C
oven for 25 minutes.
6. Serve with noodles or rice.

Chicken Pot Pie with Biscuits

Yields - 6 servings

1 serving

320 calories1344 kilojoules

1 1/2 lean protein,
1 1/2 bread/starch,
1 veg. / fruit, 1 free vegetable ++,
1 milk, 1 fat

TOTAL FAT - 8.5 g per serving
24% FAT



*To cook perfectly tender chicken
for casseroles:*

1. Bring 3 cups / 750 mL chicken broth to a boil.
2. Drop raw chicken cut into smaller pieces into broth.
3. Cover. Turn off heat. Leave for 20 minutes. Voilá! Succulent moist chicken.

BISCUITS:

1 cup all purpose flour .250 mL
1 Tbsp. sugar15 mL
1 1/2 tsp. baking powder7 mL
1 tsp. dried parsley5 mL
1/8 tsp. half salt1/2 mL
1/3 cup skim milk75 mL
2 Tbsp. margarine30 mL

BASE:

1 Tbsp. margarine15 mL
1 cup onion, chopped250 mL
1/4 cup all purpose flour50 mL
1/2 tsp. half salt or no salt2 mL
1/4 tsp. freshly ground pepper1 mL
1/4 tsp. poultry seasoning1 mL
1/4 tsp. dried basil1 mL
1/4 tsp. dried savory1 mL
2 1/2 cups 1% or skim milk625 mL
1 Tbsp. Worcestershire sauce15 mL
1 pkg. low sodium, chicken flavoured
bouillon granules1
2 cups chicken, cooked and cubed500 mL
2 cups frozen mixed vegetables500 mL
(or 1 small bag - 350g)
2 Tbsp. grated light Parmesan, 16% B.F.30 mL

1. Heat oven to 375°F/190°C.
2. For base, heat margarine in teflon pan. Add onion. Cook until tender.
3. Add flour and seasonings.
4. Add milk, Worcestershire sauce and bouillon.
5. Return to medium heat. Cook and stir until mixture comes to a boil and thickens.
6. Add chicken, vegetables and cheese. Heat thoroughly. Pour into 2 qt./2 L. casserole.
7. **For biscuits:** combine flour, sugar, baking powder, parsley and salt. With a pastry blender work in margarine until crumbly. Make a well in center. Pour in milk. Toss gently until moistened. Dough will be sticky. Turn out onto floured surface. Knead gently. Lightly pat into 1/2" / 2 cm. thickness. Use a cookie cutter to cut out biscuits. Place on top of hot chicken mixture. Bake for 30 - 35 minutes until biscuits are golden brown and casserole is bubbling hot.

Chicken with Pineapple Citrus Sauce

Yields - 4 servings

1 serving
= 3 oz./84 g. cooked chicken
+ 1/4 cup/50 mL sauce
235 calories.....987 kilojoules

3 lean protein, 1 1/2 fruit, 1/2 fat

TOTAL FAT - 5 g per serving

19% FAT



*This sauce may also be served
over B.B.Q.'d chicken
or pork tenderloin.*



4	deboned, skinned chicken breast4 cut into strips (4 oz. / 112 g each)
1 can	pineapple chunks in own juice1 (14 oz. / 398 mL)
2 Tbsp.	flour30 mL
1/4 tsp.	half salt (or no salt)1 mL
1/4 tsp.	thyme1 mL
1/4 tsp.	sage1 mL
1/4 tsp.	paprika1 mL
1/8 tsp.	freshly ground pepper.....1/2 mL
1 tsp.	margarine5 mL
1 tsp.	olive oil5 mL
1/2	orange (grated peel and juice of).....1/2
1/2	lemon (grated peel and juice of)1/2
1 pkg.	low sodium chicken granules1
1 clove	garlic, crushed1
1 Tbsp.	cornstarch15 mL
1/4 cup	cold water50 mL

1. Drain pineapple. Reserve juice (1/2 cup / 125 mL).
2. Combine seasonings and flour in shallow bowl. Coat chicken strips. In large nonstick skillet combine oil and margarine. Brown 1/2 of chicken and set aside. Repeat with remaining chicken. Remove chicken.
3. In same skillet combine reserved pineapple juice, orange peel and juice, lemon peel and juice, bouillon and garlic. Bring to boil.
4. Combine cornstarch and water until smooth. Add to pineapple mixture and cook over medium heat until thickened and smooth.
5. Add browned chicken and pineapple. Heat and serve over rice.

Company Sesame Garlic Chicken

Yields - 6 servings

1 serving = 1 chicken breast
235 calories987 kilojoules

3 lean protein, 1 veg. /fruit, 1 fat

TOTAL FAT - 7 g per serving
28% FAT



HAPPY HEART FACT

Did you know?...

... that adding exercise to a reduced calorie diet not only burns more calories but helps prevent the loss of muscle and loss in metabolic rate that usually accompanies dieting.

6	deboned, skinned chicken breasts	6 (4 oz. / 112 g each)
2 cups	low fat buttermilk	500 mL
2 Tbsp.	flour	30 mL
1	egg (or 2 egg whites)	1
1 clove	garlic, crushed	1
1	lemon, juiced	1
18	low fat crackers crushed	18
1 Tbsp.	sesame seeds	15 mL
1 tsp.	oregano leaves, dried	5 mL
1/2 tsp.	garlic powder	2 mL
1 Tbsp.	margarine, melted	15 mL
	~ half salt (or no salt) ~	
	~ freshly ground pepper ~	

1. Place chicken in a 9 x 13 inch (23 1/2 cm. x 33 1/2 cm.) pan. Cover with buttermilk. Cover with saran. Place in fridge overnight or all day.
2. Take chicken out of buttermilk and sprinkle with flour.
3. Mix egg, garlic, lemon juice.
Dip chicken in egg mixture.
4. Combine cracker crumbs, sesame seeds, oregano, garlic, half salt and pepper. Dip chicken into crumbs.
5. Place in pan sprayed with nonstick cooking spray. Drizzle with margarine. Bake in a 350 ° / 180°C oven 30 - 35 minutes. Serve with cranberry sauce.

Crispy Chicken with Herbs

Yields - 6 servings

1 serving

225 calories.....945 kilojoules

**3 lean protein, 1 1/2 milk,
1 veg. / fruit**

**TOTAL FAT - 6.1 g per serving
25% FAT**



*A very special dietitian friend
of mine served me this
for supper when I was visiting
and now I'm sharing it with you.
It's really delicious!*

6	skinned chicken breasts with bone6 (4 oz. / 112 g each)
2 Tbsp.	flour30 mL
3/4 cup	low fat plain yogurt.....175 mL
1 tsp.	lemon juice5 mL
1/4 tsp.	thyme1 mL
1/4 tsp.	basil1 mL
1/4 tsp.	rosemary, crushed1 mL
1	green onion, chopped1
12	snackwell crackers, crushed12
1 cup	skim milk cheese product with250 mL cheddar flavoring 7 % B.F., grated (4 oz. / 112 g)
	half salt (or no salt) and freshly ground pepper

1. Lightly dust chicken with flour.
2. Combine yogurt, spices, onion, lemon juice, half salt and pepper. Spoon generously over chicken to coat.
3. Mix cracker crumbs and cheese and spoon evenly over chicken.
4. Bake in a 350 °F / 180°C oven for 45 - 55 minutes until golden. (Fresh herbs may be used if available. 1/4 cup/50 mL fresh = 1 tsp. / 5 mL dry).

Crunchy Chicken Cordon Bleu

Yields - 4 servings

1 serving

270 calories1134 kilojoules

**3 lean protein, 1 milk,
1 bread/starch, 1/2 fat**

TOTAL FAT - 9 g per serving

29% FAT

4	chicken breasts, deboned, skinned.....4 (4 oz. / 112 g. raw each)
2	ham slices, light2
1/2 cup	mozzarella cheese, shredded125 mL 15% B.F. (2 oz. / 56 g)
2 Tbsp.	+ 2 tsp. honey dijon mustard40 mL
2 cups	cornflakes500 mL
1 tsp.	dried parsley5 mL
1/2 tsp.	garlic powder2 mL
1/4 cup	milk (or orange juice)50 mL
1 Tbsp. + 1 tsp.	light margarine melted ...15 mL. + 5 mL ~ freshly grated pepper ~ ~ half salt or no salt ~

1. Rinse chicken. Pat dry. Using the edge of a saucer, pound chicken lightly until 1/4" / 1 cm. thick.
2. Spread each breast with 2 tsp. / 10 mL mustard.
3. Place 1/2 slice ham and 2 Tbsp. / 30 mL mozzarella cheese on each chicken piece.
4. Roll up jelly roll style. Secure with wooden toothpicks.
5. Crush cornflakes. Place in a plastic bag. Add seasonings. Dip chicken rolls in milk or orange juice in a pie plate and dip in crumbs and seasonings in bag.
6. Drizzle with melted margarine. Bake in 350°F / 180°C oven for 35 minutes. Remove toothpicks.

Curried Chicken Tetrazzini

Yields - 6 servings

1 serving

410 calories1722 kilojoules

**3 lean protein, 2 bread/starch,
1 veg. / fruit, 1 free vegetable ++,
1 fat, 1/2 milk**

TOTAL FAT - 12 g

27% FAT



*A great way to use up
leftover chicken or turkey!*



3 cups	cooked noodles (2 cups/500 mL dry)	750 mL
1 can (284 mL)	whole mushrooms drained & sliced.....	1
2 Tbsp.	margarine	30 mL
1/4 cup	all purpose flour	50 mL
2 cans	(10 fl. oz./284 mL) low sodium, low fat	2
	chicken broth, Campbell's Healthy Request	
1/2 cup	evaporated <u>skim</u> milk.....	125 mL
1 tsp.	curry	5 mL
3 cups	chicken, cooked and cubed	750 mL
1/2 cup	low fat, swiss cheese	125 mL
	grated 17% B.F. (2 oz. / 56 g)	
1/2 cup	low fat, mozzarella cheese	125 mL
	grated 15% B.F. (2 oz. / 56 g)	
3 cups	broccoli florets	750 mL

CRUMB TOP:

2	slices whole wheat bread	2
1 tsp.	margarine	5 mL
1/2 cup	skim milk cheese with	125 ml
	cheddar flavoring, shredded, 7% B.F.	

1. Preheat oven to 325°F / 160°C. Lightly coat a 9"x13" (4L) pan with nonstick cooking spray. Cook noodles just until tender ~ approximately 10 minutes. Drain.
2. Place margarine and flour in a microwaveable bowl. Place on high in microwave for 1 1/2 minutes. Stir. Add broth. Stir well. Cook 2-3 minute in microwave, stirring every 30 seconds. Add evaporated milk, curry and grated cheese. Heat in microwave until cheese melts. Add noodles to sauce.
3. Cook broccoli for 2 1/2 minutes. Place diced, cooked chicken and broccoli in baking pan. Pour noodles and sauce evenly on top.
4. Place bread, cheese and margarine in food processor. Spread over top of casserole. Bake 35 minutes or until bubbling hot and golden on top.

Dijon Mustard Chicken with Rosemary and Pasta

Yields - 6 servings

1 serving = 3/4 cup / 175 mL
sauce + 1 cup / 250 mL pasta
380 calories1596 kilojoules

2 lean protein, 2 bread/starch,
2 fat, 1 veg. / fruit

TOTAL FAT - 5 g per serving
24% FAT

4	chicken breasts, deboned, skinned.....4 and cut into cubes (4 oz. / 112 g each)
2	green onions, chopped2 ~ cooking spray ~
1/4 cup	margarine50 mL
1/4 cup	flour50 mL
2 cans	low fat, low sodium chicken broth2 (10 oz./ 284 mL) Campbell's Healthy Request
1/4 cup	1% milk50 mL
1/2 cup	light 1% sour cream125 mL
2 Tbsp.	grainy Dijon mustard30 mL
2 tsp.	rosemary, crushed10 mL
6 cups	cooked pasta1.5 L



1. Spray teflon pan with cooking spray. Add chicken cubes and green onion. Cook until golden brown and cooked throughout. Set chicken and onions aside.
2. Add margarine to pan. Melt. Add flour. Cook 1 minute. Add broth and milk. Slowly bring to a boil stirring constantly. Stir until mixture thickens.
3. Add sour cream, mustard and rosemary. Add chicken and onions. Serve 3/4 cup sauce / 175 mL over 1 cup / 250 mL pasta.

Honey-Mustard Crumb Chicken

Yields - 4 servings

1 serving

175 calories 735 kilojoules

3 lean protein, 1/4 fat, 1 sugar

TOTAL FAT - 4 g per serving
23% FAT

HAPPY HEART FACT

Did you know...

...that spices are all low in calories?

For example, 1 tsp. cinnamon has only 6 calories, nutmeg has 12 and herbs such as sage, rosemary and thyme have even fewer.

4	chicken breasts, deboned and skinned4 (4 oz. / 112 g. each)
1/8 tsp.	half salt or no salt 1/2 mL
1/8 tsp.	freshly ground pepper.....1/2 mL
1 Tbsp.	honey15 mL
1 Tbsp.	light margarine15 mL
2 tsp.	grainy dijon mustard10 mL
1/2 tsp.	curry powder.....2 mL
1 Tbsp.	chicken broth15 mL
1/2 cup	cornflake crumbs.....125 mL

1. Place chicken in a baking pan sprayed with nonstick cooking spray.
2. Combine honey, margarine, curry, mustard and broth. Simmer over medium heat for 2 minutes. Drizzle over chicken breasts.
3. Sprinkle with crumbs. Top with seasoning. Bake in 350°F / 180°C oven for 30 - 35 minutes until chicken is done. Serve.

Luau Chicken

Yields - 4 servings

1 serving

195 calories824 kilojoules

3 lean protein, 1 fruit & 1 sugar

TOTAL FAT - 3 g per serving
14% FAT



This is a great dish to freeze and put in the oven on "time-bake".



HAPPY HEART OUTLOOK

Exercise helps to produce stronger bones, better control of blood sugar, higher good or "HDL" cholesterol, more vigor, a greater sense of well being, improves the immune system and improves the circulation.

4	deboned, skinned chicken breasts4 (4 oz. / 112 g each)
1 jar	pureed baby food peaches (7 1/2 oz. / 213 mL)
1/3 cup	vinegar.....75 mL
1/3 cup	ketchup75 mL
2 Tbsp.	low sodium Soy Sauce30 mL
1 clove	garlic, crushed1
1/2 tsp.	ground ginger2 mL
2 Tbsp.	brown sugar30 mL
1 Tbsp.	splenda (if desired).....15 mL

1. Preheat oven to 350°F / 180°C.

2. Combine all ingredients. Pour over chicken.

Bake in 350 °F / 180°C oven for 35 - 40 minutes.

To have a thicker sauce, combine ingredients and cook in microwave or on top of stove for 5 minutes and then pour over chicken. Delicious served over rice.



Light Sweet & Sour Chicken

Yields - 4 servings

1 serving

300 calories1260 kilojoules

2 1/2 lean protein, 1 bread/starch,
1 fruit, 1 veg. / fruit, 1/2 fat

TOTAL FAT - 10.4 g per serving

10% FAT

*This is not only very attractive
on a plate but delicious!
Company fare for sure!*

3	deboned, skinned chicken breasts	3 (4 oz. / 112 g each)
1 tsp.	olive oil	5 mL
1 cup	green & red pepper strips	250 mL
1 Tbsp.	cornstarch	15 mL
1/4 cup	sodium reduced soy sauce	50 mL
1 can	pineapple chunks in own juice	1 (14 oz. / 398 mL)
3 Tbsp.	vinegar	45 mL
1 Tbsp.	brown sugar	15 mL
2 Tbsp.	splenda	30 mL
1/2 tsp.	ground ginger	2 mL
1/2 tsp.	garlic powder	2 mL
2 cups	cooked brown or white rice	500 mL

1. Spray teflon pan with cooking spray. Add oil. Heat. Cook and stir chicken in oil until well browned. Add peppers. Cook and stir 1-2 minutes longer.
2. Mix cornstarch and soy sauce. Add pineapple juice, vinegar, sugar, sweetener, ginger and garlic powder. Add this to pan. Bring to a full boil. Add pineapple and heat through.
3. Serve chicken over hot rice.

Mexican Salsa Chicken (or Chicken Parmesan)

Yields - 4 servings

1 serving = 1 breast
240 calories1008 kilojoules

3 lean protein, 1 veg. / fruit, 1 1/2 milk

TOTAL FAT - 7.8 g per serving
29% FAT



4	chicken breasts, deboned & skinned4 (4 oz. / 112 g each)
1/3 cup	bread crumbs75 mL ~ dash half salt or no salt ~ ~ dash pepper, freshly ground ~
1/8 tsp.	garlic powder1/2 mL
1/8 tsp.	cumin1/2 mL
2 tsp.	light margarine, melted10 mL
1/4 cup	mild tomato salsa50 mL or
1/2 cup	low fat spaghetti sauce125 mL (for Parmesan Chicken version)
3/4 cup	grated low fat mozzarella cheese.....175 mL 15% B.F. (3 oz. / 84 g)

1. Preheat oven to 350°F / 180°C. Spray a cookie sheet with nonstick cooking spray.
2. Dip chicken in water. Place bread crumbs and seasonings in a plastic bag. Add chicken. Shake bag to coat chicken well.
3. Place chicken on cookie sheet. Drizzle with melted margarine. Bake in a 350°F / 180°C oven for 30 minutes. Remove from oven. Place 1 Tbsp. / 15 mL salsa or 2 Tbsp. / 30 mL spaghetti sauce on top of each chicken piece. Sprinkle evenly with grated cheese. Bake 5 - 7 minutes more until cheese melts. Serve.

Pasta with Shrimp & Grilled Chicken

Yields - 6 servings

1 serving = 2 cup / 500 mL portion
250 calories1050 kilojoules

**2 lean protein, 1 bread/starch,
1 fat, 1 veg. / fruit**

TOTAL FAT - 6.9 g per serving
25% FAT



*This is a lovely
colourful company dish.*



- 2 deboned, skinned chicken breasts, grilled 2
(4 oz. / 112 g each)
- 2 Tbsp. olive oil (divided)30 mL
- 2 green onions, chopped2
- 1 cup red & green peppers, sliced250 mL
- 1 1/2 cups fresh mushrooms, sliced375 mL
- 1 small zucchini, cut into strips16 oz.
- shrimp (24 large) cooked or raw168 g
- 3 cups cooked penne pasta750 mL
- 1 clove garlic, crushed1
- 1 large tomato, diced1
- 1/4 cup light parmesan cheese, 16% B.F.50 mL
- 2 Tbsp. lemon juice30 mL
- ~ half salt or no salt ~
- ~ freshly ground pepper ~

1. Cut grilled chicken into cubes.
2. In a large teflon pan, heat 1 Tbsp. / 15 mL oil and add onion, peppers, mushrooms and zucchini. Stir fry until tender crisp or about 3 minutes. Transfer to a bowl.
3. In skillet, add remaining oil and cook shrimp and garlic. Cook for about 3 minutes or until shrimp is opaque. Add tomato and cook for one minute.
4. Combine shrimp, chicken, vegetables and all juices to cooked pasta. Reheat. Add parmesan cheese and lemon juice. Add half salt or no salt and freshly ground pepper to taste. Serve.

Quick & Easy Chicken Fajitas

Yields - 4 servings

1 serving

260 calories1092 kilojoules

1 1/2 lean protein,
1 bread/starch, 2 milk
1 free vegetable ++

TOTAL FAT - 2 g per serving
21% FAT



These can also be made with lean beef, pork, or lean ground beef.



- 4 deboned, skinned chicken breasts (Diced)...4 (4 oz. / 112 g each)
- 1 medium green pepper, cut into strips1
- 1 small onion, sliced1
- ~ cumin, chili powder & freshly ground pepper ~
- 1/4 cup salsa50 mL
- 4 flour tortilla (35 g each / 100 calories each) ...4
- 1 cup grated mozzarella cheese, 15% B.F. ...250 mL (4 oz. / 112 g)
- 4 tsp. light sour cream, 1 % B.F.20 mL
- shredded lettuce, cut up tomato

1. Cut chicken into thin strips.
2. Spray teflon pan with nonstick cooking spray. Heat until hot. Add chicken strips, peppers and onion.
3. Sprinkle with cumin, chili powder and pepper to suit your taste.
4. On each warmed tortilla place 1/4 of the chicken, onion & the peppers.
5. Top with 1 Tbsp. (15 ml) salsa, 1/4 cup (28g) mozzarella cheese. Place under broiler until cheese melts.
6. Add lettuce, tomato and light sour cream. Roll up and enjoy!

Savory Lemon Chicken

Yields - 4 servings

1 serving

190 calories 798 kilojoules

3 lean protein, 1 fat

TOTAL FAT - 7 g per serving

32% FAT



*This has the
most tantalizing
aroma while cooking!*

3 Tbsp.	flour45 mL
1/2 tsp.	half salt or no salt	2 mL
1/4 tsp.	pepper	1 mL
4	deboned, skinned chicken breast	4 (4 oz. / 112 g each) cut into cubes
1	onion, medium	1
1 Tbsp.	olive oil	15 mL
1 Tbsp.	light margarine	15 mL
1 cup	low fat, low sodium chicken broth ...	250 mL
3 Tbsp.	lemon juice (divided)	45 mL
1/2 tsp.	savory (or thyme).....	2 mL

~ Lemon wedges & parsley flakes

1. Combine flour, half salt & pepper and mix well. Lightly coat chicken breasts with mixture. Remove chicken and save excess seasoned flour.
2. In large skillet, warm 1 Tbsp. / 15 mL oil over medium heat. (Skillet may also be sprayed lightly with cooking spray.) Add chicken. Brown on one side for about 5 minutes. Turn chicken and brown well on second side for about 5 minutes. Remove chicken to a plate.
3. Finely chop the onion. Add margarine to the skillet. Add onion. Cook, stirring until onion is softened.
4. Stir in the reserved flour. Cook, stirring until the flour is completely incorporated – about one minute.
5. Add broth, 2 Tbsp. / 30 mL lemon juice and the savory (or thyme). Bring mixture to a boil, stirring constantly.
6. Return chicken to skillet. Cook covered on medium low heat for 10 - 15 minutes until chicken is tender and no longer pink. Add remaining 1 Tbsp. / 15 mL lemon juice. Garnish with lemon wedges and parsley. Serve with pasta or rice.

Spinach Stuffed Chicken Breasts

Yields - 6 servings

1 serving

225 calories945 kilojoules

**3 lean protein, 1 milk, 1/2 fat,
1 free vegetable ++**

**TOTAL FAT - 8.3 g per serving
33% FAT**

6	deboned, skinned chicken breasts	6
	(4 oz. / 112 g each)	
1 pkg.	(300 g) frozen spinach thawed	1
	and <u>WELL DRAINED</u>	
1 Tbsp.	margarine, divided.....	15 mL
2	green onions, chopped	2
2 cloves	garlic, crushed	2
2 Tbsp.	light cream cheese	30 mL
3/4 cup	grated feta cheese (3 oz. / 84 g)	175 mL
2 Tbsp.	bread crumbs	30 mL
	~ lemon juice, lemon pepper & half salt ~	

1. With a meat tenderizer or edge of saucer, pound out chicken breasts until flattened.
2. Thaw spinach in microwave on high for nine minutes, stirring after 4 1/2 minutes. Place in sieve and press out excess water.
3. Spray a teflon pan with nonstick cooking spray. Add 1 tsp. (5 mL) of margarine. Add onion and garlic. Sauté until onion is tender.
4. Add cream cheese, feta cheese and spinach.
5. Divide into six portions. Place in center of chicken breasts. Roll up. Place in pan with seams down.
6. Drizzle with lemon juice, bread crumbs, 2 tsp. (10 mL) melted margarine, lemon pepper, & half salt. Bake in 350° F / 180°C oven for 35 minutes. Serve.

Stuffed Breasts of Chicken with Pineapple Sauce

Yields - 4 servings

1 serving

= 1 breast + 2 Tbsp. (30 mL) sauce
270 calories1134 kilojoules

**3 lean protein, 1/2 fat,
1 bread/starch, 1/2 fruit**

**TOTAL FAT - 5.1 g per serving
17% FAT**

SAUCE:

1/2 can pineapple1/2 can
crushed, in own juice
(14 oz. / 398 mL)

2 Tbsp. diet marmalade.....30 mL

1/2 tsp. parsley flakes.....2 mL

4 chicken breasts, deboned & skinned4
(4 oz. / 112 g each)

4 tsp. light margarine20 mL

1/4 cup onion, chopped50 mL

1/4 cup celery, chopped50 mL

4 slices whole wheat bread, crumbed4

1 1/2 tsp. poultry seasoning7 mL

3 Tbsp. milk, 1 % or skim50 mL

~ half salt or no salt & freshly ground pepper ~

1. Melt margarine in a teflon pan. Add onion and celery. Sauté until onion is soft and clear. Remove from heat.
2. Add bread crumbs, seasonings and stir well.
3. Add milk. Stir to mix.
4. Divide evenly between 4 breasts which have been flattened with the edge of a saucer. Roll breasts up and secure with wooden toothpicks. Place in baking dish.
5. Combine all ingredients for sauce. Simmer for 3 minutes over medium heat. Spoon 1 Tbsp./30 mL sauce over each breast.
6. Bake in a 350°F / 180°C oven for 30 -35 minutes.
7. Slice each breast and arrange on plates. Warm remaining sauce and spoon over chicken slices. Serve.

"Zesty" Barbequed Chicken

Yields - 4 servings

1 serving
195 calories819 kilojoules

3 lean protein + 1 veg. / fruit

TOTAL FAT - 4 g per serving
19% FAT

4 deboned, skinned chicken breast4
(4 oz. / 112 g each)

SAUCE:

2/3 cup ketchup150 mL
1/3 cup vinegar75 mL
1 tsp. rosemary, crushed5 mL
1/4 tsp. dry mustard1 mL
1 clove garlic, crushed1
1 green onion, chopped1
1 tsp. margarine5 mL
1 drop Tabasco1

1. Preheat oven to 350°F / 180°C.
2. Combine all sauce ingredients. Bring to a boil and simmer for 5 minutes.
3. Pour over chicken.
4. This dish may be covered and frozen at this stage and cooked on "time-bake" or bake in 350°F / 180°C oven for 35 - 40 minutes.



Beef, Pork and Veal

Beef Casserole Supreme

Chinese Beef and Rice

Delicious Beef Stroganoff

Oven Porcupines

Pork Tenderloin in Sour Cream Sauce

Pot Roast with Salsa Gravy

Quick and Delicious Beef Cannelloni

Saucy Swiss Steak

Skillet Macaroni and Chili

Tammy's Quick Cabbage Roll Casserole

Tomato Beef Noodle Casserole

Veal Picatta



Beef Casserole Supreme

Yields - 5 servings

1 serving = 1 1/4 cup / 300 mL
380 calories1596 kilojoules

2 1/2 protein, 1 bread/starch,
1 veg. / fruit, 1 free vegetable ++,
1 milk

TOTAL FAT - 11.8 g per serving
28% FAT



*This casserole has a lovely
"creamy" tomato sauce.*

2 cups	raw spaghetti broken up	500 mL
1 lb.	lean ground beef	500 g
1/2 cup	onion, chopped	125 mL
1 can	stewed tomatoes <u>drained</u> (14 oz./ 398 mL)...	1
1 can	tomato soup (10 oz./284 mL)	1
1 cup	1% cottage cheese	250 mL
2 Tbsp.	light cream cheese	30 mL
	half salt or no salt and freshly ground pepper	

1. Cook spaghetti noodles in boiling water for 10 minutes or until al denté. Drain.
2. Cook ground beef with onion in teflon pan sprayed with nonstick cooking spray. Drain off any fat with paper towel.
3. Pureé tomatoes (drained), soup, cottage cheese and light cream cheese in blender.
4. Combine all ingredients. Season to taste. Heat and serve.



Chinese Beef and Rice

Yields - 6 servings

1 serving = 1 1/4 cup (300 mL)
340 calories1428 kilojoules

**2 protein, 2 bread /starch,
1 veg. / fruit, 2 free vegetable ++
& 1/2 fat**

**TOTAL FAT - 8.3 g per serv-
ing**

22% FAT



*This is a good way
to use leftover roast beef.*

1 lb.	lean sirloin steak	500 g (or 3 cups/750 mL cut up roast beef)
1 1/3 cup	uncooked rice	325 mL
1 Tbsp.	olive oil.....	15 mL
2 cans	low fat, low sodium beef broth	2 (10 oz. / 284 mL) Campbell's Healthy Request
1/2 cup	water	125 mL
2 Tbsp.	low sodium soya sauce	30 mL
4	green onions, chopped	4
2	green peppers, chopped	2
4	stalks celery, chopped	4

1. Cut sirloin steak into 1" (2.5 cm.) cubes. In a large teflon pan sprayed with cooking spray, heat oil over medium high heat. Cook beef cubes 3-4 minutes on each side or until browned. Remove beef to plate and set aside.
2. In same skillet, brown rice until golden. Add beef broth, water and soya sauce. Cover tightly. Simmer 20 minutes.
3. Stir in onion, celery, green pepper and meat. Cover tightly. Simmer 10 minutes longer or until liquid is absorbed and rice is tender.

Delicious Beef Stroganoff

Yields - 6 servings

1 serving

430 calories 1800 kilojoules

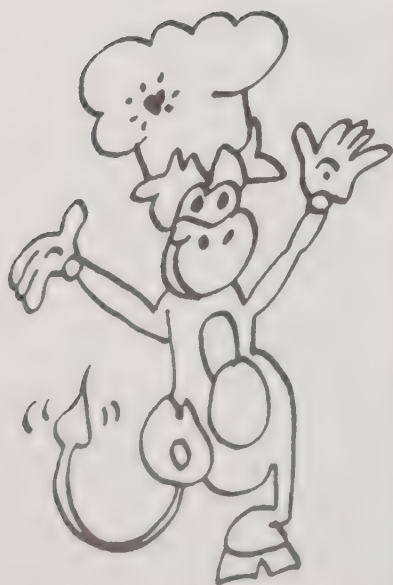
2 protein, 2 bread/starch,
1 veg. / fruit, 1 Free vegetable ++,
1 fat.

TOTAL FAT - 10.7 g per serving

22% FAT

1 lb.	lean sirloin steak (partially frozen)	500 g
2 Tbsp.	all purpose flour.....	30 mL
dash	half salt, freshly ground pepper	
	~ nonstick cooking spray ~	
1 1/2 cups	mushrooms, sliced	375 mL
1	medium onion, chopped	1
1 clove	garlic, crushed	1
3 tsp.	olive oil.....	15 mL
1 can	low fat, low sodium beef broth	1 (10 oz. / 284 mL) Campbell's Healthy Request
2 Tbsp.	dry red wine (optional)	30 mL
1/4 cup	ketchup	50 mL
2 Tbsp.	all purpose flour.....	30 mL
2 Tbsp.	cold water	30 mL
3/4 cup	1% light sour cream	175 mL
6 cups	cooked noodles	1.5 L (4 cups / 1 L dry)

1. Cook noodles according to package directions until firm but tender.
2. Cut beef on the bias into very thin bite size strips. Dust with 2 Tbsp. / 30 mL flour. Season with half salt and pepper.
3. Spray a large teflon pan with nonstick cooking spray. Add 1/2 oil and 1/2 meat, onion, garlic and mushrooms. Cook until meat is browned and vegetables are tender. Remove to platter. Cook second half of meat and vegetables. Remove from skillet.
4. Add broth, wine and ketchup to skillet. Stir up brown bits from bottom of pan. Add flour to 2 Tbsp./30 mL cold water. Stir until smooth. Add to broth mixture. Cook over medium high heat, stirring constantly until thickened and well cooked. 1-2 minutes.
5. Add beef and vegetables to thickened broth. Heat.
6. Add light sour cream. Stir in well. Heat but do not boil. Serve stroganoff over 1 cup/ 250 mL noodles/serving.



Oven Porcupines

Yields - 6 servings

1 serving = 4 meatballs
225 calories945 kilojoules

**2 1/2 oz. protein, 1 veg. / fruit,
2 free vegetable ++**

**TOTAL FAT - 8.6 g per serving
34% FAT**



Make this dish the night before you want it. Seal tightly with tinfoil. Freeze. Place in a cold oven. Add baking potatoes placed on metal scewers and a whole acorn squash punctured with a knife. Place on a pan. Turn your oven "time-bake" on. This whole dinner cooks in a 350°F / 180°C oven in one hour. It's wonderful to come home to a cooked meal!

1 lb.	lean ground hamburger (16 oz.)	500 g
1/2 cup	uncooked white rice	125 mL
1/2 cup	water	125 mL
1/2 cup	chopped onion	125 mL
1/4 tsp.	half salt or no salt	1 mL
1 clove	garlic, crushed	1
1 tsp.	oregano leaves, dried	5 mL
1/2 tsp.	thyme	2 mL
	freshly ground pepper	
1 can	low sodium tomato sauce (14 oz. / 328)	1
1 cup	water	250 mL
1 tsp.	Worcestershire sauce	5 mL



1. Heat oven to 350° F / 180°C.
2. Mix meat, rice, 1/2 cup / 125 mL water, onion, garlic and seasonings. Shape into 24 meatballs. Placed in ungreased baking dish.
3. Stir together tomato sauce, water and Worcestershire. Pour over meatballs. Cover with aluminum foil. Seal tightly. Bake for 50 minutes. Uncover. Bake 10 minutes longer.

Pork Tenderloin in Sour Cream Sauce

Yields - 4 servings

1 serving
= 3 medallions + 1/4 cup/50 mL sauce
225 calories.....945 kilojoules

3 protein, 1/2 fat, 1 1/2 tsp. sugar*
*if brown sugar is used

TOTAL FAT - 2.9 g per serving
12% FAT



1 lb. (16 oz.)	lean pork tenderloin cut into 12 pieces ...	500g
1 can	beef bouillon, low fat, low sodium	1 (10 oz. / 284 mL) Campbell's Healthy Request
2 Tbsp.	brown sugar or brown sugar sugar twin ...	30 mL
2 Tbsp.	finely chopped onion	30 mL
2 Tbsp.	ketchup	30 mL
1 clove	garlic, minced	1
2 Tbsp.	flour	30 mL
1/2 cup	1% light sour cream	125 mL

1. Pound pork pieces into thin medallions.
2. Spray a teflon pan with cooking spray and brown pork medallions.
3. Add 1/2 can beef bouillon, brown sugar, onion, ketchup & garlic. Cover. Simmer 30 - 40 minutes or until tender.
4. In small bowl, combine flour and 1/2 can bouillon. Stir well until well combined and smooth. Add to cooking liquid, stirring constantly. Cook until thickened, approximately one minute. Stir in sour cream. Heat thoroughly. (Do not boil!) Serve sauce over pork tenderloin. Serve with pasta or rice.

Pot Roast with Salsa Gravy

Yields - 12 servings

1 serving

= 3 oz. / 84 g + 1/4 cup / 50 mL gravy
202 calories848 kilojoules

3 protein

TOTAL FAT - 8.2 g per serving

36% FAT

*It is absolutely wonderful
to come home to a dinner
which is already prepared.*

*This goes well with
mashed potatoes.*



3 lb.	lean round roast, all fat removed	1500 g
1 Tbsp.	olive oil	30 mL
	~ freshly ground pepper ~	
1 can	low fat, low sodium beef broth	1
	(10 oz. / 284 mL) Campbell's Healthy Request	
1/4 cup	chili sauce	50 mL
1/2 cup	salsa	125 mL
1/2 cup	water	125 mL
2 cloves	garlic, crushed	2
1 Tbsp.	lemon juice	15 mL
3 Tbsp.	flour	45 mL
3 Tbsp.	water	45 mL

1. Heat oven to 325° F / 160°C.

2. Sprinkle freshly ground pepper over roast.
Brown in olive oil.

3. Combine beef broth, chili, salsa, water, garlic and
lemon juice. Pour over roast in roasting pan. Cover.
Cook slowly in 325°F / 160° C oven for 3 hours or on
low in a crock pot. If this is done the night before it is
needed, put roast and juice in fridge and skim off
any excess fat the next day.

4. Mix flour with water until it is smooth
and gradually add to juices to thicken. Cook over
medium high heat, stirring constantly 1 -2 minutes.
Purée this gravy if you wish.

5. Slice roast very thinly and serve with gravy.
Freezes well.

Quick & Delicious Cannelloni

Yields - 5 servings

1 serving = 2 cannelloni
420 calories1722 kilojoules

**4 protein, 2 bread/starch,
1 veg. / fruit & 1 free vegetable ++**

**TOTAL FAT - 14.6 g per serving
31% FAT**

HOMEMADE TOMATO SAUCE:

Yields 3 1/2 cups / 875 mL

342 calories1226 kilojoules

1 tsp. olive oil.....5 mL

2 cloves garlic, crushed2

1 medium onion, chopped1

1 can plum tomatoes1
(28 oz. / 796 mL) pureed with juice

1/4 cup tomato paste50 mL

1/2 cup water125 mL

1 Tbsp. beef bouillon.....15 mL
low sodium

1 Tbsp. dried parsley.....15 mL

1 tsp. half salt or no salt.....5 mL

1/2 tsp. oregano, thyme2 mL
& basil each

1/4 tsp. freshly ground pepper1 mL

To make sauce, sauté onion
& garlic until limp. Add to
remaining sauce ingredients.
Bring to boil. Reduce heat.
Simmer for 20 -25 minutes.

10	uncooked cannelloni10
	~ nonstick cooking spray ~
12 oz.	lean hamburger336 g
1	small onion, finely chopped1
1 clove	garlic, crushed1
1/4 cup	grated light Parmesan cheese, 16% M.F. 50 mL
1	egg, beaten (or 2 egg whites)
	~ half salt or no salt ~
	~ freshly ground pepper ~
1/2 tsp.	oregano2 mL
3 1/2 cups	homemade tomato sauce875 mL (or 700 mL Classico Spaghetti sauce with basil)
1 1/4 cup	mozzarella cheese, 15% B.F. grated...375 mL for top (5 oz. /140 g)

1. Brown meat. Add balance of stuffing ingredients, excluding tomato sauce. Cool to lukewarm.

2. Stuff uncooked cannelloni tightly with mixture.

3. Prepare sauce. Pour 1 cup / 250 mL of sauce over bottom of 9" x 13" pan (22.5 cm. x 32.5 cm.)

4. Arrange stuffed cannelloni over sauce.

5. Cover with remaining sauce.

6. Cover dish with foil and bake at 350°F / 180°C for 50 minutes.

7. Top with grated cheese and return to oven 5 more minutes. Freezes well.

Saucy Swiss Steak

Yields - 4 servings

1 serving

275 calories1155 kilojoules

**3 protein, 1 veg. / fruit,
3 free vegetable ++ & 1 fat**

TOTAL FAT - 8.8 g per serving

29% FAT

1 lb.	lean cube steak (or 1 lb. round steak500g tenderized with edge of saucer or meat hammer)
2 Tbsp.	all purpose flour.....30 mL ~ dash half salt & pepper ~
4 tsp.	olive oil20 mL
1 large	onion, thinly sliced1
1/2 cup	carrot, grated125 mL
2 cloves	garlic, minced2
3/4 tsp.	dried oregano4 mL
1/2 tsp.	marjoram2 mL
1/2 tsp.	sugar2 mL
1 tsp.	lemon juice5 mL
1 cup	tomatoes, puréed250 mL
1 cup	tomato sauce250 mL
1/4 tsp.	celery salt1 mL
1/2 tsp.	dried basil2 mL



1. Cut steak into 4 pieces. Sprinkle with flour, no salt and pepper.
2. In large teflon pan sprayed with nonstick cooking spray, heat oil over medium high heat. Brown meat. Set meat aside.
3. Add onion, carrot and garlic to pan with 1 Tbsp. (15 mL) water. Cook stirring often for 4 minutes until softened.
4. Stir in next 8 ingredients: oregano, marjoram, sugar, lemon juice, tomatoes, tomato sauce, celery salt and basil.
5. Return meat to pan. For cube steak, simmer for 15 - 20 minutes. For round steak, simmer 1 1/2 - 2 hours or bake in 325°F / 160°C oven 1 1/2 - 2 hours or until tender. Season with half salt or no salt and pepper to taste.

Skillet Macaroni and Chili

Yields • 6 servings

1 serving = 1 cup / 250 mL
340 calories1428 kilojoules

**1 1/2 protein, 2 bread/starch,
1 veg. / fruit & 1 milk**

**TOTAL FAT - 7.9 g per serving
21% FAT**



*This is a wonderful dish
on a cold winter's night.
It freezes well too!*



12 oz.	lean ground beef	336 g
1 small	onion, chopped	1
1 clove	garlic, minced	1
1 can	kidney beans (15 1/2 oz. / 434 g)	1
1 can	tomato soup (10 oz. / 284 mL)	1
1 1/2 cups	stewed tomatoes plus juice	375 mL (puréed or chopped)
3/4 cup	raw macaroni or penne pasta	175 mL
1/4 cup	water	50 mL
2 tsp.	chili powder.....	10 mL
1 tsp.	cumin	5 mL
1 cup	shredded skim milk cheese product 250 mL (with cheddar flavoring, 7% MF) 4 oz./	112g

1. In a large teflon pan sprayed with nonstick cooking spray, cook the ground beef, onions and garlic until the beef is browned. Drain fat with paper towel.
2. Stir in the beans, tomato soup, tomatoes and juices, macaroni, water, chili powder and cumin. Bring to a boil. Reduce heat. Cover and simmer for 10 minutes. Stir well. Cover and simmer 10 minutes more until macaroni is tender but firm.
3. Sprinkle with cheese. Serve. One cup servings may also be measured out into individual casseroles. Sprinkle with cheese. Cover with saran and tin foil. Freeze. Each casserole takes 6 minutes on high in the microwave to thaw and heat up.

Tammy's Quick Cabbage Roll Casserole

Yields - 4 servings

1 serving
415 calories 1743 kilojoules

**3 protein, 2 milk,
1 bread/starch, 1 free vegetable ++**

**TOTAL FAT - 15.4 g per serving
33% FAT**

3 cups	coarsely chopped cabbage	750 mL
1 lb.	lean ground beef	500 g
1/2 cup	onion, chopped	125 mL
1 clove	garlic, crushed	1
	~ no salt or half salt, freshly ground pepper ~	
3	heaping Tbsp. of rice	45 mL
1 can	tomato soup (10 oz. / 284 g)	1
1 cup	water	250 mL
1 tsp.	Worcestershire sauce	5 mL
1 cup	grated skim milk cheese product.....	250 mL
	7% B.F. with cheddar flavoring (4oz. / 112 g)	

1. Place cabbage in casserole.
2. Brown beef, onions and garlic. Drain fat with paper towel. Add half salt (no salt) and pepper.
3. Add rice, soup, water & Worcestershire sauce. Pour over cabbage.
4. Top with cheese.
5. Cover. Bake in 350°F / 180°C oven for 1 1/2 hours. This casserole freezes well and can be used on "time bake" in your oven.

Tomato Beef Noodle Casserole

Yields - 4 servings

1 serving = 1 cup / 250 mL
330 calories1386 kilojoules

2 1/2 protein, 1 bread/starch,
1 veg. / fruit & 1 free vegetable ++

TOTAL FAT - 12 g per serving
33% FAT



Kids love this!
Freezes well!

3/4 lb.	lean hamburger beef (12 oz.)	336 g
1 small	onion, chopped fine	1
1 can	tomato soup (10 oz. / 284 mL) or Italian-style tomato soup	1
1 cup	puréed, stewed tomatoes	250 mL
1 Tbsp.	Worcestershire sauce	15 mL
2 cups	cooked spaghetti or noodles (1 1/4 cup dry = 2 cups cooked)	500 mL
1/2 cup	grated mozzarella cheese, 15% B.F....	125 mL (2 oz. / 56 g)

1. Brown meat and onion in nonstick teflon pan sprayed with cooking spray. Drain any fat off meat with paper towel.
2. Add soup, tomatoes puréed, Worcestershire sauce and cooked noodles. Stir together. Heat in a 325° F / 160°C oven for 35 - 40 minutes until heated through.
3. Sprinkle with grated cheese and return to oven just until cheese is melted. One cup (250 mL) servings may be frozen separately and reheated in microwave on high for 6 minutes each from frozen to ready to eat.

Veal Piccata

Yields - 4 servings

1 serving
295 calories 1240 kilojoules

3 protein, 1 fat, 1 veg. / fruit

TOTAL FAT - 11.4 g per serving
39% FAT

This dish can also be made with chicken. I consider this a "special occasion" dish.

To reduce total fat, serve this dish with 1/2 cup pasta, 1 cup of broccoli and cauliflower and a scoop of low fat frozen yogurt for a total of 500 calories (2058 Kilojoules) and 30% fat.

1 lb.	thinly sliced veal scallopini	500 g
2	egg whites	2
1 Tbsp.	water.....	15 mL
1/4 cup	flour (divided)	50 mL
1 Tbsp.	light margarine	15 mL
1/4 tsp.	half salt or no salt	1 mL
	~ freshly ground pepper ~	
3/4 cup	chicken broth (low fat, low sodium)...	175 mL
1/4 cup	dry white wine	50 mL
1 Tbsp.	lemon juice	15 mL
1 cup	diced fresh mushrooms	250 mL
1 Tbsp.	capers	15 mL

1. Pound veal with a meat tenderizer or edge of saucer until flattened and cut into bite size pieces. Dip in egg white and water and sprinkle with 3 Tbsp. flour and seasonings.
2. Melt margarine in teflon pan and brown veal. (This only takes 3 - 4 minutes.) Don't overcook or veal will be tough! Remove veal to a plate. Add mushrooms to pan and cook 1 to 2 minutes until golden. Add to veal.
3. Mix chicken broth, wine, lemon juice and 1 Tbsp. flour. Add to skillet. Stir until it boils and thickens - approximately one minute. (You might like to purée this sauce in a blender to make it smooth). Add veal & capers to sauce. Serve on pasta or rice. Delicious!

Meatless

Cheese Manicotti

Pasta Primavera

Rotini with Fresh Beans, Tomato and Feta Cheese

Tortellini with Garlic Sauce and Vegetables

Vegetable Lasagne Roll-ups

Whole Wheat Banana Pancakes



Cheese Manicotti

Yields - 4 servings

1 serving = 2 manicotti
440 calories1848 kilojoules

**3 protein, 2 bread/starch,
1 veg./fruit, 1 milk**

TOTAL FAT - 14 g per serving
28% FAT

1. To make sauce: sauté onion and garlic until limp. Add to remaining sauce ingredients. Bring to a boil, reduce heat. Simmer for 20 - 25 minutes.
2. Cook manicotti in boiling, salted water for 6 minutes.
3. Combine all filling ingredients except sauce and the last 1/4 cup / 50 mL of cheese. Fill each manicotti with 1/4 cup / 50 mL of cheese filling.
4. Place 1 1/2 cup / 375 mL pasta sauce in a 9" x 13" (22 1/2 x 32 1/2 cm.) pan. Arrange the manicotti in pan in a single layer.
5. Pour remaining sauce and cheese over manicotti. Cover and bake in a 350°F / 180°C oven for 30 minutes or until heated through. Let set 5 minutes. Freezes well.

8	manicotti	8
3/4 cup	Quark, 7% B.F.	175 mL
3/4 cup	cottage cheese, 1% B.F.	175 mL
1 cup	mozzarella cheese, 15% BF grated ...	250 mL (4 oz. / 112 g)
1/2 cup	Parmesan cheese light, 16% B.F.	125 mL
1 clove	garlic, crushed	1
1 1/2 tsp.	basil	7 mL
1	egg (or 2 egg whites)	1
1/4 tsp.	half salt	1 mL
	~ freshly ground pepper ~	
1/4 cup	mozzarella, 15% B.F. grated (for top) ...	50 mL
3 1/2 cups	tomato sauce, homemade	875 mL (or 700 mL Classico Tomato & Basil Sauce)

HOMEMADE TOMATO SAUCE: 3 1/2 cup / 875 mL

(342 calories1226 kilojoules)

1 tsp.	olive oil	5 mL
2 cloves	garlic, crushed	2 mL
1	medium onion, chopped	1
1 can	plum tomatoes puréed with juice	1 (28 oz. / 796 mL)
1/4 cup	tomato paste	50 mL
1/2 cup	water	125 mL
1 Tbsp.	low sodium beef bouillon	15 mL
1 Tbsp.	dried parsley	15 mL
1 tsp.	half salt or no salt	5 mL
1/2 tsp.	each oregano, thyme & basil.....	2 mL
1/4 tsp.	freshly ground pepper	1 mL

Pasta Primavera

Yields - 4 servings

1 serving = 1 1/2 cups / 375 mL
222 calories932 kilojoules

**1 protein, 1 bread/starch,
1 veg. / fruit , 1 1/2 fat**

**TOTAL FAT - 7.5 g per serving
30% FAT**

*It's a good idea to try
to incorporate a meatless meal
in your diet at least
one day a week.*

2 Tbsp.	margarine (divided)	30 mL
1 clove	garlic, crushed	1
1 small	onion, diced	1
1	carrot, julienned (cut into strips)	1
1	zucchini, julienned	1
1 cup	asparagus tips	250 mL
1 cup	green beans, cut into 1" / 2.5 cm. pieces	250 mL
1 small	tomato, cut up	1
1/2 lb.	spaghetti (3 cups/ 750 mL cooked) ...	240 g
3/4 cup	light Parmesan cheese, 16% B.F.	175 mL
1 cup	low fat, low sodium chicken broth ...	250 mL
1 Tbsp.	cornstarch	15 mL

~ half salt or no salt & freshly ground pepper ~

1. Spray a large teflon pan with nonstick cooking spray and heat 1 Tbsp. / 15 mL margarine. Sauté onion and garlic for approximately one minute.
2. Add carrots, zucchini, asparagus, green beans and stir fry until vegetables are tender but not brown (approximately 10 minutes). Stir constantly.
3. Cook pasta in a large pot of boiling water for eleven minutes or until al denté. Drain well.
4. Mix cornstarch with chicken broth.
5. Add tomatoes to vegetable mixture.
Add chicken broth mixture. Bring to boil. Cook gently 1 - 2 minutes until thickened. Add half salt & pepper.
6. Add sauce to drained pasta. Add 1 Tbsp. / 15 mL margarine and 1/2 cup / 125 mL Parmesan cheese.
7. Toss well. Top each serving with 1 Tbsp. / 15 mL Parmesan cheese. Serve.

Rotini with Fresh Beans, Tomatoes and Feta Cheese

Yields - 4 servings

1 serving = 2 cups (500 mL)
310 calories 1302 kilojoules

1 protein, 2 bread/starch, 1/2 fat,
1 veg. / fruit, 2 free vegetable ++

TOTAL FAT - 8.7 g per serving
25% FAT



Delicious, quick summer supper!

4 cups	cooked rotini noodles.....	1 L (2 1/2 cups / 725 mL raw)
2 tsp.	olive oil	10 mL
1/2 cup	green onion, chopped	125 mL
1 clove	garlic, crushed	1
1 cup	mushrooms, thinly sliced	250 mL
2 cups	fresh green beans cut into small pieces	500 mL
1 cup	carrots, finely chopped	250 mL
2 Tbsp.	chicken broth	30 mL
2 cups	fresh tomatoes, chopped	500 mL
1/4 cup	fresh basil, finely chopped	250 mL or 1 tsp. / 5 mL dried basil
1 cup	feta cheese, grated (4 oz. / 112 g) ...	250 mL
2 Tbsp.	light parmesan cheese, 16% B.F.	30 mL
~ half salt or no salt & freshly ground pepper ~		

1. Cook rotini in boiling water according to package direction. Drain.
2. Spray a large nonstick skillet with cooking spray. Heat.
3. Add oil. Sauté onions, garlic and mushrooms for 2 minutes. Set aside.
4. Add beans and carrots to hot skillet. Add chicken broth. Cover pan and simmer 5 minutes until tender crisp, stirring often.
5. Add tomatoes. Cook for two minutes.
6. Add pasta, feta cheese, parmesan, onion mixture basil & half salt or no salt & pepper to taste. Serve.

Tortellini with Garlic Sauce and Vegetables

Yields - 5 servings

1 serving = 1 1/2 cups / 375 mL
 360 calories1490 kilojoules
 without crab
 385 calories1596 kilojoules
 with crab

1 1/2 protein, 3 bread/starch,
 1 veg. / fruit, 1/2 fat

TOTAL FAT - 5 g without crab

13% FAT



TOTAL FAT - 5.8 g with crab

14% FAT

*We are all looking for low fat,
 delicious, easy to prepare suppers
 after a busy day
 and this one fits the bill!*

- 1 pkg. fresh tortellini with cheese filling.....1
 (approximately 454 grams)
- 2 1/2 cups fresh vegetables cut up625 mL
 (ie. broccoli florets, cauliflower, mushrooms,
 carrots, green onions etc.)

SAUCE:

- 1 Tbsp. margarine15 mL
- 1 clove garlic, crushed1
- 1 Tbsp. flour15 mL
- 1 pkg. low sodium chicken bouillon granules ...15 mL
- 1 Tbsp. cooking sherry15 mL
- 1 cup 1% or skim milk250 mL
- 3 Tbsp. light Parmesan cheese, 16% B.F.45 mL
 ~ half salt or no salt and pepper to taste ~
- 1 can crab, drained (optional) 4.23 oz. / 120 g ...1



1. Cook tortellini in boiling salted water for 6 - 8 minutes until tender. Drain. Keep warm.
2. Cook vegetables in 2 Tbsp. / 30 mL water in microwave on high for four minutes until tender but crunchy. Drain.
3. For sauce, melt margarine with garlic in microwave for one minute on high. Add flour and cook for 30 seconds. Add broth, sherry, milk and 2 Tbsp. / 30 mL Parmesan cheese. Cook on high for 3-4 minutes, stirring every 30 seconds until thickened.
4. At this point you may add drained crab to the sauce. Cook 1 - 2 more minutes on high to warm. Add seasonings to taste.
5. Place warmed tortellini in a casserole. Top with vegetables. Spoon sauce on top. Sprinkle with last Tbsp. of Parmesan cheese and serve.

Vegetable Lasagna Roll-ups

Yields - 10 servings or 10 roll-ups

1 serving = 1 roll-up
222 calories932 kilojoules

**2 protein, 1 bread/starch,
1 veg. / fruit, 2 free vegetable ++**

**TOTAL FAT - 6.5 g per serving
26% FAT**

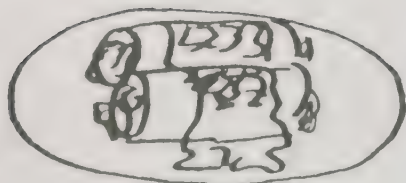


This is a big hit with kids.

*Freeze roll-ups separately in
microwavable containers.*

*Reheat each frozen roll-up on
high in microwave for 6 minutes.*

*Quick easy supper
on a busy night!*



10	lasagna noodles	10
1 cup	quark, 7% M.F.	50 mL
1 cup	cottage cheese, 1% M.F.	250 mL
2 cups	grated, mozzarella cheese, 15% B.F. (8 oz. / 224 g) divided	500 mL
1 tsp.	dried basil	5 mL
1 tsp.	dried oregano	5 mL
1/4 cup	light Parmesan cheese, 16% M.F.	50 mL
	~ half salt, pepper ~	
1 clove	garlic, crushed	1
2	green onions, chopped	2
1/2 cup	carrot, grated	125 mL
1/2	green pepper, diced	1/2
1 tsp.	margarine	5 mL
1 Tbsp.	water.....	15 mL
3 cups	low fat spaghetti sauce	750 mL
	(purchased or homemade - see page 70 for homemade tomato sauce recipe)	

1. Cook noodles according to package direction until tender. (Add a little oil to cooking water to prevent sticking.) Drain. Rinse with cold water.
2. Stir together quark, cottage cheese, 1 cup / 250 mL only of mozzarella cheese, Parmesan cheese, basil, oregano, half salt and pepper to taste.
3. Sauté garlic, onion, carrot and pepper in 1 tsp. / 5 mL margarine plus 1 Tbsp. water in covered dish in microwave for 2 minutes until tender, stirring after one minute. Drain and add to cheese mixture.
4. Spread cooled noodles on a clean counter. (This is the messy part.) Spread 1 cup / 250 mL of spaghetti sauce evenly on top of noodles. Top with a heaping Tbsp. / 15 mL. of cheese mixture and spread over noodles.
5. Loosely roll up each noodle and place in separate microwavable dishes or a 9" x 13" / 22.5 x 32.5 cm. pan sprayed with nonstick cooking spray.
6. Top with remaining sauce & 1 cup / 250 mL mozzarella cheese. Bake in 350°F / 180°C oven for 30 minutes.

Whole Wheat Banana Pancakes

Yields - nine (4") pancakes

1 serving = 2 pancakes
184 calories773 kilojoules

2 bread/starch, 1 fat

TOTAL FAT - 4.6 g per serving
23% FAT



*These are delicious served
with low fat yogurt,
strawberries and light syrup.*



HAPPY HEART FACT

*Did you know...
it takes 8 pounds of grain
to make one pound of beef?
We can all benefit from eating
more vegetarian meals
and they are delicious!*



1/2 cup	all purpose flour	125 mL
1/2 cup	whole wheat flour	125 mL
2 tsp.	baking powder	10 mL
1 Tbsp.	sugar	15 mL
1/4 tsp.	cinnamon	1 mL
2/3 cup	skim or 1% milk	150 mL
1/2 cup	mashed ripe banana (about 1 medium)	125 mL
1 Tbsp.	olive, sunflower seed or safflower oil	15 mL
1	egg (or 2 egg whites) slightly beaten	1



1. Combine first five ingredients and mix well.
2. Combine milk, banana, oil and egg.
Add to dry ingredients. Stir until smooth.
3. Spray a teflon pan or griddle with Pam.
4. When heated, spoon 1/4 cup of batter onto hot pan.
5. Turn when tops are covered with bubbles
and edges are cooked.

Fish and Seafood

Cheese Lover's Salmon Loaf

Crispy Baked Orange Roughy with Salsa and Cheese

Salmon Patties



Cheese Lover's Salmon Loaf

Yields - 6 servings

1 serving
190 calories 798 kilojoules

2 1/2 protein,
1 milk

TOTAL FAT - 11.3 g per serving

53% FAT

with 1 egg + 2 egg whites

TOTAL FAT - 10.4 g per serving

49% FAT

with 2 egg substitutes



*This is even lovely served
cold on a bed of lettuce!*



HAPPY HEART FACT

*Did you know...
that salmon is an excellent source
of Omega-3-long-chain fatty acid
which helps to prevent the blood
from clotting, reduces triglycerides,
lowers blood pressure and helps
reduce inflammation
of certain types of arthritis.*

*To reduce total fat, serve this salmon
with a small baked potato, 1 tsp.
light sour cream, 1/2 cup carrots,
1/2 cup broccoli, 1 orange and
4 oz. / 125 mL low fat milk
for a total of 435 calories
(1831 kilojoules) and
a total fat of 27%.*

~ 1 egg + 2 egg whites or 3 egg whites or 2 egg substitutes

2 cans red sockeye salmon (71/2 oz. / 213 g)2

1 cup low fat mozzarella cheese, grated ...250 mL
(4 oz. / 112 g) 15% M.F.

1/4 cup onion, chopped fine50 mL

1 stalk celery, chopped1

1 large carrot, grated1

2 Tbsp. lemon juice30 mL

~ freshly ground pepper ~

1. Preheat oven to 350°F / 180°C.

2. Remove black skin from salmon. Try to keep most of the juice & bones (mashed) for the calcium content.

3. In a large bowl, beat egg + egg whites or egg substitutes. Stir in salmon, cheese, onion, celery, carrot and lemon juice until well blended.

4. Turn into a loaf pan which has been sprayed with cooking spray. Bake in 350°F / 180°C oven for 35 minutes. Allow to stand 5 minutes before slicing. Freezes well.

Crispy Baked Orange Roughy with Salsa and Cheese

Yields - 4 servings

1 serving

205 calories867 kilojoules

4 lean protein, 1 veg. / fruit, 1/2 fat

TOTAL FAT - 5 per serving

23% FAT

4	orange roughy fillets (5 oz. / 140 g each) ...	4
1/2 cup	bread crumbs (or cornflake crumbs)	125 mL
~ onion powder, garlic powder, dill weed & pepper ~		
1	egg white	1
1	lemon, squeeze juice & grate rind (1 tsp.) ...	1
2 tsp.	margarine, melted	20 mL
4 Tbsp.	salsa	50 mL
1/4 cup	grated mozzarella cheese, 15% B.F. ...	50 mL (1 oz. / 28 g)

1. Preheat oven to 450°F / 230°C.
2. Dry fillets with paper towel. Dip in 1 egg white mixed with juice of one lemon.
3. Sprinkle fillets with bread crumbs and lemon rind. Then sprinkle with onion powder, garlic powder, dill weed and freshly ground pepper.
4. Drizzle with melted margarine.
5. Bake in 450°F / 230°C oven for 10 minutes per inch (2.5 cm.) of thickness or until fish flakes easily when tested with a fork.
6. Top each fillet with 1 Tbsp. salsa plus 1 Tbsp. mozzarella cheese and heat just until cheese melts.

Salmon Patties

Yields - 4 patties

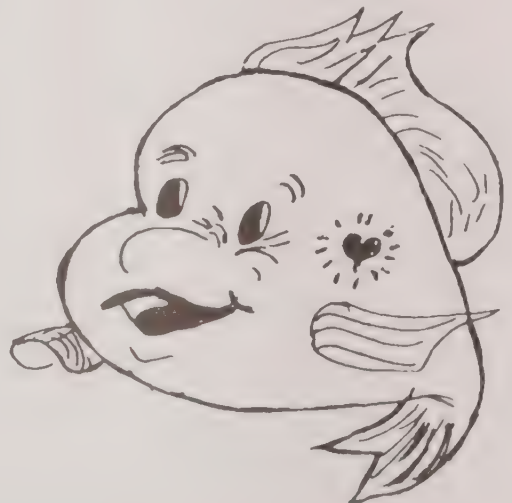
1 serving = 2 patties
250 calories1050 kilojoules

3 1/2 protein,
1 veg. / fruit & 1/2 fat

TOTAL FAT - 13.9 g per serving
50% FAT

- | | | |
|--------|---|------|
| 1 can | red sockeye salmon (7.5 oz. / 213 g) | 1 |
| | ~ 2 egg whites (or 1 egg) or 1 egg substitute ~ | |
| 8 | snackwell crackers, crushed | 8 |
| 1 tsp. | lemon juice | 5 mL |
| 1 | green onion, chopped | 1 |
| 1 tsp. | margarine | 5 mL |
| | ~ half salt or no salt ~ | |
| | ~ freshly ground pepper ~ | |
| | ~ lemon wedges ~ | |

1. Remove skin from salmon. Mash salmon with juices and bones (for calcium).
2. Combine salmon with egg, crackers, lemon juice, onion and seasonings.
3. Spray a teflon pan with cooking spray. Melt margarine in pan. Fry patties over medium heat until golden brown. Serve with lemon wedges.



Desserts

Crackly Ginger Cookies

Frozen Choco-Mint Yogurt Pie

Frozen Choco-Mocha Mousse

Lemon Sponge Pudding

Lemon Velvet Cheesecake with Raspberry Sauce

Meringue Cups with Frozen Yogurt and Chocolate Sauce

Chocolate Pudding in Peanut Butter Clouds

Old - fashioned Apple Pudding

Tapioca Pudding with Jam

Pina Colata Pudding Pie

Pumpkin Chiffon Mousse

Raspberry Cream Dessert

Strawberry Cheesecake



Crackly Ginger Cookies

Yields - 45 cookies

1 cookie

53 calories189 kilojoules

1 fruit exchange

TOTAL FAT - 1.2 g per cookie

20% FAT



Dough size.



Cookie size.

1/4 cup	margarine	50 mL
1/4 cup	applesauce	50 mL
1/2 cup	molasses	125 mL
1/2 cup	white or brown sugar	125 mL
1	egg (or 2 egg whites)	1
1 tsp.	vanilla.....	5 mL
2 cups	all purpose flour	500 mL
2 tsp.	ginger	10 mL
1 tsp.	cinnamon	5 mL
1 tsp.	baking soda	5 mL
1/2 tsp.	salt or half-salt or no-salt	2 mL
	sugar	

1. Preheat oven to 350°F. Using an electric mixer or food processor, beat margarine with applesauce, molasses, sugar, egg and vanilla until creamy, approximately 3 minutes.
2. Stir flour with ginger, cinnamon, baking soda and salt.
3. Gradually stir flour mixture into margarine mixture. Do not overmix. Cool in fridge for 15 minutes at least.
4. Using a teaspoon, form dough into balls about 1" / 2.5 cm. in diameter. You may need to put a little margarine on your hands so the dough doesn't stick. Dip the top of the cookie into sugar. Place cookies 2" apart on a cookie sheet sprayed with Pam. Bake in center of oven for 8 - 10 minutes until lightly browned and cracked on top. Cool on a rack. Store in an airtight container for 1 week or freeze.

Frozen Choco-Mint Yogurt Pie

Yields - 8 servings

1 serving
135 calories.....567 kilojoules

2 fruit, 1 milk, 1/2 fat

TOTAL FAT - 5.3 g per serving
35% FAT



A lovely cool summer dessert!

8	chocolate snackwell cookies crushed8
1 Tbsp.	light margarine, melted15 mL
2 2/3 cups	vanilla, low fat frozen yogurt, softened	796 mL
1 tsp.	peppermint extract5 mL
8	strawberries, sliced8

1. Mix cookie crumbs and margarine.
Spread on the bottom of a pie plate sprayed
with nonstick cooking spray.
2. Add peppermint extract to softened yogurt.
Spread over cookie crumbs.
3. Cover with saran. Freeze. Remove from freezer
approximately 10 minutes before serving.
Cut into 8 slices. Serve with sliced strawberries.



Frozen Chocolate Mocha Mousse

Yields - 8 servings

1 serving (with 1% cottage cheese)
92 calories386 kilojoules

1 serving (with quark)
105 calories441 kilojoules

1 milk, 1/2 fruit, 1 fat

TOTAL FAT - 3.5 g per serving
(with 1% cottage cheese)

35% FAT

TOTAL FAT - 5.5 g per serving
(with quark)

47% FAT



*Your kids won't believe
that this is really
"good for them!"*

3/4 cup	skim or 1% milk	175 mL
1 cup	1% low fat cottage cheese or quark, 7% B.F.	250 mL
1 Tbsp.	instant coffee	15 mL
1 Tbsp.	hot water	15 mL
1 pkg.	Jello light chocolate pudding (4 servings) ... (instant)	1
2 cups	light cool whip or dream whip	500 mL
2	squares (1 oz. / 28 g) Baker's semi-sweet ... chocolate grated	2

1. Pour milk into blender container and add cottage cheese (or quark) and instant coffee dissolved in hot water. Blend until smooth. Add pudding mix. Cover. Blend until smooth.
2. Pour pudding mixture into large bowl and gently fold in whipped topping. Pour into 9" (23 cm) pie plate. Smooth top. Sprinkle with chocolate. Freeze until firm. (6 hours or overnight.)
3. Remove from freezer 15 minutes before serving. Let stand at room temperature to soften slightly. Tastes like a "mocha" fudgsicle.

Lemon Sponge Pudding

Yields · 4 servings

1 serving

109 calories458 kilojoules

**1/2 protein, 1/2 milk, 1/2 fat,
1 tsp. sugar**

TOTAL FAT - 5 g per serving

41% FAT



This is a lighter version of an old time favourite dessert. During baking it separates into a cake-like topping with lemon sauce underneath.

1	medium lemon	1
1/4 cup	splenda	50 mL
1 Tbsp.	sugar	15 mL
2 Tbsp.	all purpose flour.....	30 mL
	~ dash of half salt ~	
2	eggs, separated	2
2 tsp.	margarine, melted	10 mL
1 cup	1% milk.....	250 mL
1 tsp.	sugar	5 mL

1. With a grater, remove rind from lemon. Squeeze juice. Set juice and rind aside.
2. In mixing bowl, combine sugar, splenda, flour, half salt. Stir in lemon juice, rind, beaten egg yolks, melted margarine and milk.
3. Beat egg whites until stiff but not dry. Fold into lemon mixture. Pour into lightly greased 4 cup (1L) baking dish. Sprinkle with last 1 tsp. sugar. (This helps pudding to brown.) Place in a larger pan. Pour in hot water to about 1 inch (2.5 cm.) depth. Bake in 350°F / 180°C oven for 30 - 35 minutes. Serve warm.

Lemon Velvet Cheesecake

Yields - 8 servings

1 serving = 1/8 th piece
130 calories546 kilojoules
(with cottage cheese, 1% B.F.)

1 serving = 1/8 th piece
144 calories605 kilojoules
(with quark, 7% B.F.)

1 milk & 2 fat

TOTAL FAT - 6.6 g per serving
(with cottage cheese, 1% B.F.)

46% FAT

TOTAL FAT - 8.4 g per serving
(with quark, 7% B.F.)

53% FAT



Regular cheese cake

has approximately 18 g fat / per serving so this is a lighter version.

RASPBERRY SAUCE

Yields: 1 3/4 cups / 400 mL
1 serving = 3 Tbsp. / 45 mL
15 calories63 kilojoules



2	cinnamon snaps (low fat) crushed	2
1 pkg.	diet lemon jello (4 servings)	1
2/3 cup	boiling water	150 mL
1 cup	low fat cottage cheese, 1% B.F.	250 mL (or quark, 7% B.F.)
1 pkg.	light cream cheese	1
2 cups	prepared Dream Whip topping	500 mL

1. Prepare Dream Whip topping with 4 oz. / 125 mL 1% milk and vanilla.
2. Spray 8" / 22 1/2 cm. spring form pan with nonstick cooking spray.
3. Completely dissolve gelatin in boiling water. Pour into food processor.
4. Add cottage cheese (or quark) and light cream cheese. Blend at medium speed, scraping down sides occasionally until mixture is completely smooth.
5. Gently fold in whipped topping.
6. Pour into prepared pan. Sprinkle crumbs around outside edge. Chill until set, approximately 4 hours. When ready to serve, remove side of pan. Top each slice of cheese cake with 2-3 Tbsp. / 30 - 45 mL Raspberry sauce.

RASPBERRY SAUCE:

1 pkg.	(300 g) frozen raspberries thawed	1 reserve juice
1/4 cup	Splenda	50 mL
2 Tbsp.	cornstarch	30 mL

1. Add water to reserved juice to measure 1 1/4 cup / 300 mL. Mix splenda and cornstarch. Stir into raspberries. heat to boiling, stirring constantly. Boil & stir for 1 minute. Cool. Strawberries or blueberries may be used instead.

Meringue Cups with Frozen Yogurt & Chocolate Sauce

Yields - 6 meringue cups

1 meringue
77 calories323 kilojoules
(with sugar)

41 calories172 kilojoules
(with sugar + splenda)

2 sugar + 1/5 protein

Chocolate Sauce
Yields: 1/2 cup / 125 mL sauce
4 tsp. sauce / meringue
40 calories168 kilojoules

TOTAL FAT -1.8g per serving
9% FAT ONLY

This is sure to be a hit at your next dinner party. Meringues may be made many days ahead and stored in airtight containers or frozen. Sauce may also be made ahead and refrigerated.

TO ASSEMBLE

Drizzle 1 tsp. chocolate sauce on a medium-sized glass dessert plate. Place meringue on center of plate. Top with a small scoop of your favourite low fat frozen yogurt. ie. "Chocolate Amaretto Twirl - Breyers." Drizzle with 1 Tbsp. / 15 mL of chocolate sauce. Serve.

LOW FAT

1 meringue, 4 tsp. sauce and 1/4 cup / 50 mL. low fat frozen yogurt
170 calories714 kilojoules

DIABETIC VERSION

Use meringue with splenda, add 1/4 cup yogurt & 1 tsp. sauce
109 calories458 kilojoules

4 large egg whites, at room temp.4
1/2 tsp. cream of tartar1
pinch half saltpinch
1/2 cup sugar125 mL
(or 1/4 cup sugar + 1/4 cup splenda)

1. Line baking sheet with wax paper. With bottom of glass trace 6 - 3 inch (7.5 cm.) circles about 2 inches (5cm.) apart on paper. Turn paper over on baking sheet.
2. Beat egg whites until frothy. Add cream of tartar and half salt. Beat until soft peaks form. Add sugar, 1 tsp. / 5 mL. at a time and beat until meringue is stiff and shiny, about 10 minutes. Spoon meringue around circles and fill in the middle. Make rounds with hollow in the middle. Swirl edges. Bake in preheated 200°F / 100°C oven for 1 1/2 - 2 hours until golden. Turn oven off.
3. Leave meringues in oven with door slightly ajar for 1 hour to dry and cool down. Freeze in large airtight containers separated by wax paper. (A shirt box works well.)

FAT FREE CHOCOLATE SAUCE

1/4 cup cocoa50 mL
2 Tbsp. brown sugar30 mL
(or brown sugar sugar twin)
2 Tbsp. white sugar30 mL
1/2 cup water125 mL
1/2 tsp. vanilla1 mL

Mix above ingredients thoroughly. Cook with constant stirring over medium heat until mixture comes to a boil. Continue stirring and cook 3 - 4 minutes until slightly thickened. Add vanilla. Serve hot or cold.

Chocolate Pudding in Peanut Butter Clouds

Yields - 6 servings

1 serving

128 calories538 kilojoules

1 milk, 1 fat, 1/2 protein

TOTAL FAT - 6 g per serving

43% FAT

Serve with a low fat main meal.

1 pkg.	Dream Whip	1
1/2 cup	1% milk	125 mL
1/2 tsp.	vanilla.....	2 mL
2 Tbsp.	1% milk	30 mL
2 Tbsp.	peanut butter (light)	30 mL
1 pkg.	Jello instant diet chocolate pudding	1
2 cups	1% milk.....	500 mL

1. Measure milk and vanilla into a deep narrow bowl. Blend in one envelope of Dream Whip. Whip at highest speed until topping form peaks.
2. Add 2 Tbsp. / 30 mL milk to peanut butter. Stir until blended. Add to whipped topping. Beat whipped topping 1 - 2 more minutes until light and fluffy.
3. Divide topping among 6 dessert cups.
4. Add 2 cups / 500 mL milk to diet chocolate pudding mix. Whip for 2 - 3 minutes.
5. Place pudding on top of Dream Whip "clouds". If desired, decorate with fresh fruit or sprinkles. Tastes like Reeses pieces. Mmmm...

Old-fashioned Apple Pudding

Yields - 6 servings

1 serving

186 calories.....781 kilojoules

**1 bread/starch, 1 fruit,
1 fat, 1 1/2 tsp. sugar**

**TOTAL FAT - 4.8 g per serving
23% FAT**



A wonderful dessert for the fall!



2 Tbsp.	applesauce	30 mL
2 Tbsp.	margarine	30 mL
3 Tbsp.	sugar	45 mL
1/4 cup	Splenda	50 mL
1 medium	egg, beaten	1
1 cup	all purpose flour	250 mL
1/2 tsp.	half salt	2 mL
1 tsp.	baking soda	5 mL
1/2 tsp.	cinnamon	2 mL
1/2 tsp.	nutmeg	2 mL
1 tsp.	lemon juice	5 mL
1 tsp.	lemon rind.....	5 mL
3 cups	diced apple	750 mL

1. Cream together applesauce, margarine, sugar, Splenda & egg.
2. Mix the dry ingredients - flour, salt, baking soda, cinnamon and nutmeg.
3. Stir lemon juice and rind into apples. Add to dry ingredients.
4. Add creamed mixture to dry ingredients.
5. Turn into an 8" (20 cm.) square pan sprayed with nonstick cooking spray.
6. Bake in a 350°F / 180°C oven for 35 - 40 minutes. Serve with a Tbsp. (15 mL) of Dream Whip.

Tapioca Pudding with Jam

Yields - 4 servings

1 serving = 1/4 recipe
130 calories.....546 kilojoules

**1 1/2 milk, 1/4 protein,
3 bread/starch, 1 tsp. sugar**

**TOTAL FAT - 2.75 g per serving
19% FAT**

*What a great way
to get your calcium!*

HAPPY HEART FACT

*The sugar in milk, called lactose,
aids in the absorption of calcium.
In fact, milk is the perfect "package"
for calcium because it also
contains Vitamin D and the
perfect combination of
magnesium and phosphorus
which are also needed
for calcium absorption.*

1	egg.....	1
1/4 cup	Splenda	50 mL
2 3/4 cup	1% milk or skim	675 mL
1 Tbsp.	sugar.....	15 mL
3 Tbsp.	minute Tapioca	45 mL
3/4 tsp.	vanilla.....	3 mL
4 tsp.	double fruit jam	20 mL

1. Combine 1 egg, slightly beaten, with Splenda, sugar, milk and Tapioca in a saucepan. Mix well.
Let stand 5 minutes.

2. Cook over medium heat, stirring constantly until mixture comes to a full boil. (Pudding will thicken as it cools.)

3. Remove from heat. Stir in vanilla.
Let sit for 20 minutes. Stir.

4. Spoon into 4 dessert dishes. top with 1 tsp. / 5 mL each of double fruit jam. Cover with saran. Chill.

Pina Colada Pudding Pie

Yields - 6 servings

1 serving

155 calories 651 kilojoules

**1/2 milk, 1 bread/starch,
1 fat, 1 fruit**

**TOTAL FAT - 5 g per serving
29% FAT**

CRUST:

12	cinnamon snaps, crushed	12
1/4 cup	grape nuts	50 mL
1	egg white	1
1 Tbsp.	light margarine, melted	30 mL

FILLING:

1 pkg.	diet instant vanilla pudding (4 serving)	1
1 1/2 cups	skim or 1% milk	375 mL
2 cups	cream whip or light cool whip	500 mL
1/2 cup	crushed pineapple in own juice drained	125 mL
1 tsp.	coconut extract	5 mL
1/2	banana, sliced	1/2
1 Tbsp.	toasted coconut	15 mL

1. Combine cinnamon snap crumbs, grape nuts, margarine & egg white. Press into 8 1/2" (22 cm.) spring form pan that has been sprayed with nonstick cooking spray. Bake in a 350°F / 180°C oven for 5 minutes. Cool.
2. Stir together pudding and milk. Beat until thickened.
3. Fold in light cool whip, drained pineapple and coconut extract. Spoon into cooled crust.
4. Decorate top with banana slices and 1 Tbsp. / 15 mL toasted coconut. Chill until ready to serve.

Pumpkin Chiffon Mousse

Yields - 6 servings

1 serving

170 calories 714 kilojoules

1 bread/starch, 1 fruit, 1 fat,
1 Extra ++

TOTAL FAT - 5 g per serving
26% FAT



*A very creamy
pumpkin dessert
full of flavour!*



6	cinnamon snaps, low fat	6
1	envelope plain gelatin	1
2 Tbsp.	sugar	30 mL
2 Tbsp.	Splenda	30 mL
1/2 tsp.	half salt (or no salt)	2 mL
1/2 tsp.	cinnamon	2 mL
1 tsp.	pumpkin pie spice	5 mL
3/4 cup	1% milk	175 mL
2	slightly beaten egg yolks	2
1 cup	purée pumpkin - no sugar	2
2	egg whites	2
2 Tbsp.	sugar	30 mL
2 cups	light whipped topping	500 mL

1. Crush cinnamon snaps and set aside.
2. Combine gelatin, sugar, splenda, half salt, cinnamon, and pumpkin spice. Stir in milk, egg yolks and pumpkin. Cook and stir over medium heat until mixture boils and gelatin dissolves but stir constantly so egg yolks do not cook into a solid mass!
3. Remove from heat and chill until partially set.
4. Beat egg whites until stiff.
5. Fold egg whites and light whipped topping into cooled pumpkin mixture.
6. Spoon equally into 6 dessert dishes or parfait glasses or a 8 1/2" / 22 cm. springform pan sprayed with nonstick cooking spray.
7. Sprinkle cinnamon snap crumbs on top. Trim with a walnut half. Chill 2 - 3 hours to firm up.

Raspberry Cream Dessert

Yields - 4 servings

1 serving

135 calories.....567 kilojoules

2 fruit + 1 milk

TOTAL FAT - 1.1 g per serving

7% FAT

HAPPY HEART OUTLOOK

*The best thing you can
give your loved ones
is your good health
so take good care of yourself.*

- | | | |
|--------|---|-------------|
| 1 cup | boiling water |250 mL |
| 1 pkg. | sugar free Raspberry Jello (4 servings) |1 |
| 1 cup | low fat frozen vanilla yogurt |250 mL |
| 1 pkg. | frozen unsweetened raspberries (10 oz. / 280 g) | |

1. Pour boiling water over gelatin in bowl. Stir until dissolved.
2. Stir in frozen yogurt and raspberries, breaking up raspberries with a fork.
3. Spoon into four dessert dishes.
4. Chill until set, approximately 20 minutes. Serve



Light Strawberry Cheesecake

Yields - 10 servings

1 serving

190 calories798 kilojoules

2 fat, 1 bread/starch, 1 tsp. sugar

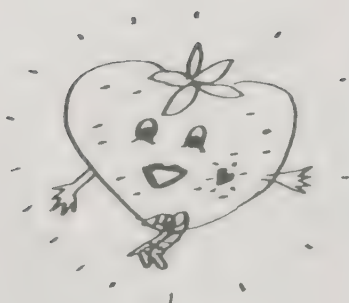
TOTAL FAT - 10 g per serving

47% FAT



HAPPY HEART FACT

*Taking time to plan
and prepare meals in advance
gives you SKILLPOWER
rather than relying on willpower.*



CRUST:

3 Tbsp.	light margarine, melted	45 mL
15	cinnamon snaps, low fat, crushed.....	15
2 Tbsp.	Splenda	30 mL
2 Tbsp.	Cocoa	30 mL

FILLING:

2 pkg.	light strawberry jello (4 servings).....	2
1 pkg.	unflavoured gelatin powder	1
1 1/2 cups	boiling water	375 mL
1 pkg.	frozen strawberries (300 g)	1
1 pkg.	light cream cheese, spreadable (250 g)	1
2 Tbsp.	icing sugar	30 mL
2 Tbsp.	Splenda	30 mL
2	envelopes Dream Whip whipped with 1 cup / 250 mL of 1% milk (or skim) (4 cups whipped topping)	2

1. Melt margarine. Add crushed cinnamon snaps, Splenda and cocoa.
2. Measure out 3 Tbsp./ 45 mL for topping.
3. Press remaining crumbs into ungreased 8 1/2" / 22 cm. spring form pan. Bake in 325°F / 160°C oven for 5 minutes. Cool.
4. Beat cream cheese and icing sugar together until fluffy.
5. Prepare Dream Whip. Save 1/2 cup / 125 mL for decorating top. Fold rest of topping into cream cheese mixture.
6. Mix jello powders and gelatin in a bowl. Add water. Stir to dissolve. Mix in strawberries which have been sliced (save some to decorate top). The frozen strawberries will quickly chill the jello mixture.
7. When syrupy fold jello mixture into cream cheese mixture. Pour over crust.
8. Sprinkle crumbs around outside edges. Decorate with reserved whipped topping and reserved strawberries. Chill.

Menu Planning Tips

Tips on how to be a career "Person" and still keep your family nutritionally well fed!



1. **PLAN MENUS IN ADVANCE.** Start planning at least by Thursday before your next week so you will have lots of time to purchase groceries.
 - Take stock of what you already have on hand so you can work in leftovers
 - For suppers choose chicken, fish, meatless, and beef dishes. Then, decide on vegetables, potatoes, rice, pasta etc.
 - Make your shopping list based on your planned menus.
2. **PREPARE SALAD AND VEGETABLES IN ADVANCE FOR THE WHOLE WEEK.** This is a great time saver and you tend to eat more vegetables this way. Start by taking 2-3 heads of romaine lettuce (sturdier and richer in Vitamin A) or a combination of lettuces ie. Boston, spinach etc. Wash well. Break up into bite-size pieces. Put into a lettuce spinner. Place in a large bowl. Cover with saran and a wet tea towel. Rewet tea towel daily to keep lettuce moist and crisp. Scrape and wash carrots, cut up broccoli, cauliflower etc. and store underneath lettuce. Salad greens will keep crisp for at least 5 days without wilting or going brown.
3. **PREPARE DEBONED SKINNED CHICKEN BREASTS WHEN FROZEN.** You do not need to thaw chicken breasts to put a sauce on them or to bread them. For example: Take 4-6 frozen chicken breasts. Prepare Chicken Luau Sauce and pour over chicken. Cover with saran and place in freezer. One day a week later, place frozen Luau Chicken in oven on time bake ie. oven comes on at 4:00 pm and stops at 5 pm. Bakes at 350°F / 180°C. Put your baking potatoes on a metal skewer and they will also bake in one hour in a 350°F oven.
4. **USE THE MOTTO** - "Whatever we are eating tonight is made. Whatever we are eating tomorrow will be prepared after supper." Keep one day ahead of yourself.
5. If time permits, **DOUBLE UP ON RECIPES** so you will have a "freebie dinner" for next week in the freezer.
6. **FREEZE LEFTOVERS** for lunches or quick suppers.
7. Have a wholesome **SOUP & SALAD SUPPER** at least once a week with a fresh fruit salad.
8. Keep **TACOS AND FLOUR TORTILLAS** in your freezer at all times. These are great for using leftovers ie. chicken, beef strips, hamburger, tomato baked beans etc.
9. Start using your **CROCK POT AND TIME-BAKE SETTING** on your oven. There is nothing nicer than coming home to a dinner already prepared. Prepare dishes such as Asparagus Chicken or Oven Porcupines the night before and freeze. Place in cold oven the next morning. Put fresh tinfoil on oven floor. Put prepared, washed baking potatoes on a shish-ka-bob skewer and cut a squash in half. Place in a pan with 1" / 2.5 cm. of water. Turn Time-Bake to come on at 4:00 pm and to turn off at 5 pm. Set temperature to 350°F / 180°C. Come home to a whole dinner already cooked.
10. **PACK LOW FAT LUNCHES AND SNACKS** to eat at work. ie. low fat sandwiches, bagels, low fat muffins, light puddings and yogurts, fresh fruit and raw vegetables, low fat cheese and crackers, light hot chocolates, low fat granola bars etc.
11. Everyone needs a break from cooking so just choose your **FAST FOOD WISELY** ie. grilled chicken on a bun, roasted chicken on a whole wheat sub with lots of vegetables, B.B.Q. chicken (take off skin), salads with low fat dressings, Vegetarian pizzas, spaghetti with tomato sauce, plain baked potatoes, chicken salads with diet dressings, sandwich bars where you can make your own low fat sandwich etc.
12. If you work out of your car, pack **HEALTHY AND LOW FAT SNACKS** in a cooler.



Taking just 20 minutes a week to plan your menus will save you time, energy and money in the long run. Time you can use for exercise!

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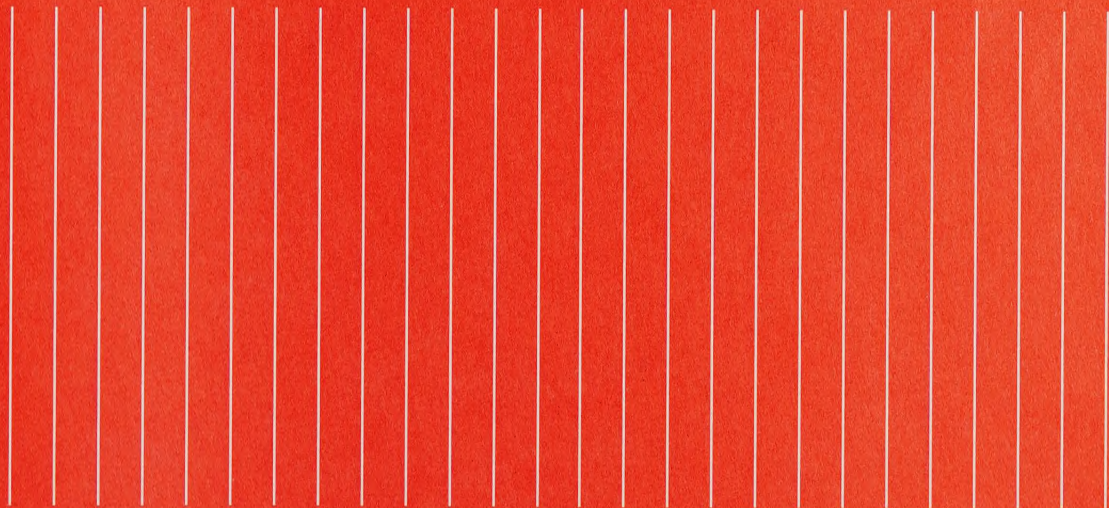
Heather Williams, RD
Registered Professional Dietitian

Heather received her B.Sc. in Home Economics (majoring in foods & nutrition) from Acadia University, N.S. She completed her Dietetic Internship at the Victoria General Hospital in Halifax, N.S. She is a member of the Ontario College of Dietitians and Dietitians of Canada. She has worked as a Therapeutic Dietitian in hospitals and has taught Early Childhood Education Nutrition at Loyalist College, Belleville, Ontario.

For the past 20 years, Heather has had her own private practise and is currently working out of the Dundas Medical Clinic in Belleville, Ontario.



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